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The new perspective on city living

Vol. 19 No. 50

November 27 - December 3, 2002

Transportation workers honor sniper victim

by M. Scheryl Gant

NEWARK — The New Jersey Chapter of the Conference of Minority Transportation Officials (COMTO) held a candlelight vigil on November 13 in Newark's Cabrini Park in honor of Conrad E. Johnson and all transportation industry employees who were victims of violence while performing their jobs.

Johnson was the 35-year-old bus driver shot last October in Silver Spring, Maryland by the alleged Beltway sniper team. Johnson, a husband and father of two, was aboard his empty bus in a staging area for Montgomery County's Ride On commuter line when he was hit. He was the last of 13 victims shot by the snipers during a 23-day rampage. Ten of the victims were fatally wounded.



Photo courtesy of William Miller III

The COMTO New Jersey Chapter members participating in the Cabrini Park vigil for Maryland bus driver slain during the Beltway sniper rampage were LaTasha Holmes, Alma Scott-Buczak, Jocelyn Colclough, Mimi Morales, Patricia Lattimore-Wilkins, Larry Hamm, Russell Samaroo, Jan Walden, Elizabeth Hargrove-Jackson, Lorraine Robinson and William Miller III.

Johnson, who was preparing to begin his bus route, was a 10-year county employee, who "loved basketball, he loved his kids — very large" extended

family," said Montgomery County Executive Doug Duncan. "And he's going to be missed greatly."

Larry Hamm, president of

the COMTO Chapter of New Jersey said, "His death brings to mind the violence and abuse that some employees in the transportation industry have

had to endure throughout the country and in New Jersey," said Larry Hamm, president of the New Jersey chapter of the COMTO. The theme of the Newark evening the vigil was "Service and Sacrifice: Appreciating Our Transportation Employees" and was attended by approximately 14 of the members of 150 members of the local COMTO chapter. Most of the vigil participants were New Jersey Transit employees, although the chapter has members from other transportation agencies. The New Jersey chapter the largest chapter in the nation.

"I received over 100 emails from people around the country transportation industry employees around the country," when the news hit the airways that a bus driver was the victim of the Beltway sniper, says Larry

See COMRADE, Page 5

Horn of Africa key to U.S. anti-terrorism plan, again

By Kathy Salmon
Special to the NNPA from IPS

NAIROBI, Kenya — As the United States gears up for possible strikes on Iraq, the Horn of Africa is emerging as the focus of its vast anti-terrorism operations.

Regional political alignments are becoming extremely fluid and the United States will have to tread carefully to avoid upsetting its erstwhile allies.

The Pentagon announced that a headquarters element of the 2nd Marine Division, of about 400 troops, will head the Horn of Africa command.

"The Red Sea and Middle East is now the central arena for terrorism. Everyone is on the look out for this phenomenon," says Mustapha Hassouna, a political and diplomatic analyst with the University of Nairobi.

The tiny French protectorate of Djibouti is the focus of U.S. attention. Some 400

troops, including marines, are on their way to Djibouti, to supplement a force of 800 Special Forces troops already stationed there. Their job is to monitor and be prepared to make commando raids on suspected terrorists trying to transit, hide or organize al-Qaeda bases in the region.

Djibouti has traditionally been a firm ally of France, which has been vocal in its denunciation of President George W. Bush's aggressive stance towards Iraq.

Djibouti's strategic position, between Somalia and Ethiopia, makes it an ideal base for U.S. military and intelligence operations. It sits at the meeting point of the Red Sea and the Gulf of Aden and within striking distance of Yemen and Somalia — the two main suspected havens of al-Qaeda followers.

"The U.S. is taking over territory that was the political turf of the French. Whether it has France's tacit approval is open to question," Hassouna observes.

The United States has had a military presence in the region for several years, but it is now increasing dramatically, hand in hand with an unprecedented intense surveillance of the Horn's lengthy coastlines and



Map of the "Horn of Africa"

porous borders.

Hassouna points out that the region's poorly policed borders have long made it a focus of a "very visible and widespread" narcotics trade, which is a "comfortable bed-fellow" of terrorism.

Gen. Richard Myers, chair-

man of the Joint Chiefs of Staff, told a news conference in Washington recently that they "have positioned forces" in the Horn of Africa to prevent "terrorists" from "planning or training" there. Myers also speculated that the Horn of Africa could be a hiding place for

"people and other instruments of war-weapons, explosives, perhaps weapons of mass destruction."

The Pentagon announced that a headquarters element of the 2nd Marine Division, of about 400 troops, will head the Horn of Africa command. It will initially operate from a Navy ship in the Red Sea for the 60 to 90 days it will take to build a command post ashore, the Associated Press reports.

The United States also has begun working more closely with other armed forces in the region. At a recent press briefing in Washington, Gen. Tommy Franks admitted that the United States also has "security arrangements or engagement opportunities" with Kenya, Eritrea, Ethiopia and Yemen, according to The East African weekly. But Hassouna believes the U.S. latest "off the cuff" moves — particularly last Tuesday's assassination of Qaed Salim Sinan Al-Harethi in Yemen — could jeopardize these previously harmonious relationships.

"Anti-Americanism is in vogue right now. Traditional allies, like Kenya, are wary of being seen as too close to the U.S.," he says. Kenya has a sizeable Muslim community

See AFRICA, Page 12



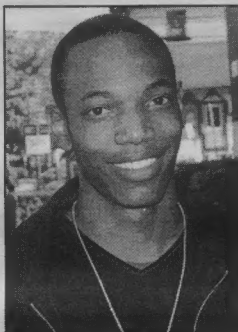
Future Olympic Equestrian — 8 year-old Ashley Copeland of Springfield rode her pony at the Jersey Jazz by the Lake's Kids Kingdom in Nomahegan Park. Ashley Copeland has thoughts of a future participant on the U.S. Olympic Equestrian Team.



Series opener — Investigative journalist Seymour Hersh (second from l) pictured with Dr. Carlos Hernandez, NJCU president, opened the 2002-03. University Lecture Series of New Jersey City University. One of America's most distinguished journalists, Mr. Hersh has won numerous awards for his relentless coverage of defects in U.S. intelligence and military information that has ranged from disclosing the My Lai massacre in Vietnam to probing the war on terrorism that has followed the September 11 tragedies.



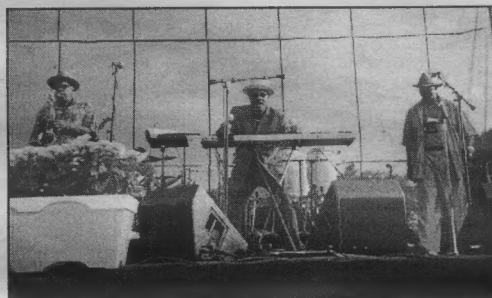
SCORE recipient — Essex County College graduate Alicia Bideau receives SCORE's (Service Corps of Retired Executives) 2002 Nathan Hart Scholarship Award from Nelson Greeley. Bideau is transferring in January to Oglethorpe University in Atlanta.



Nets & Devils Scholarship recipient — Bloomfield College freshman Kenneth Edwards of Trenton, is a recipient of a \$4,000 scholarship paid over four years from the New Jersey Nets & Devils Foundation.



Black Cinema Cafe screening — Newark City Councilwoman Gayle Chaneyfield Jenkins (r) presents Civil Brand Director Neema Barnette with a resolution during the kickoff of the Black Cinema Cafe at Newark Screens on Springfield Ave last month. The new independent film series promotes the works of African-American film makers.



Jersey Jazz by the Lake Festival — Jazz player Roy Ayres (c) and his group had the crowd movin' to his special beat at the Jersey Jazz Festival. They have produced hits such as 'Everybody Loves the Sunshine.' Ayres has been recording for about four decades.

Curious Observer

Kudos to Donald Mitchell, a 16-year-old junior at Piscataway High School whose ambitions include going to college, becoming a police officer and then working in the attorney general's office. Let's hope that U.S. District Court Judge Alfred Wolin takes young Mr. Mitchell under his wings and mentors him. While sentencing a gang member recently, Judge Wolin chided the City of Newark about "final failure" of the gang member and accused Newark city officials of putting the arena before "a troubled school system." Does Judge Wolin walk the walk?

Who are the members of SCORE (Schools, Community, Opportunity, and Revaluation Emergencies Inc.), the newly formed community group suing Mayor Sharpe James, the Newark City Council, the Port Authority of New York and New Jersey, and the New Jersey Redevelopment Authority over the planned use of \$200 million to build the proposed Newwts and Devils arena? What took them so long to answer the call to action? Newark has been beset by educational, gang related, health related, economic development and other issues for years, but welcome to the game.

Assemblywoman Bonnie Watson Coleman says that when Senator John Bennet was in the upper echelon of Republican leaders during the GOP's monopoly control of state government for close to a decade, he was irresponsibly silent during the political cronyism that resulted in the Parsons contract and the EZPass contract which left the state with a \$500 million budget deficit. Since the Democrats have only been in office for one year, should the Republican point the finger on this one.

Halle Berry, who will grace the cover of the December issue of Cosmopolitan, is only the fifth African American ever to do so in the nearly 40 years that the magazine has used cover photography. It is said that many broad-circulation magazines still fear that they will lose newsstand sales if a woman of color is on their cover. This is totally out of sync given the millions of women of color in America, the success of Oprah Winfrey's "O" magazine which exclusively features her on the cover, and the fact that women of color are so beautiful and have discretionary money to lavish on their beauty. So this message goes out to those sistahs: Buy Essence magazine, created for us, by us! Cosmopolitan is actually rather trashy!

Do you have an observation you want to share?

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Briefs

LOUIMA: FORMER LAWYERS DESERVE NO PAY IN CASE

Special to the NNPA — Abner Louima blasted former attorneys Carl Thomas, Brian Figeroux, and Casilda Roper-Simpson in court for making racist remarks, leaking information and resigning, which paved the way for Johnnie Cochran and his legal team. The three attorneys, who are seeking nearly \$3 million in fees, quit his legal team and thereby forfeited any claim to the fees, Louima testified.

NYPD SETTLES SUIT BY OFFICER FIRED IN DIALLO CASE

Special to the NNPA — The New York City Police Department has agreed to pay a black police officer, Yvette Walton, \$375,000 for being wrongfully fired after she criticized the department after the 1999 fatal shooting of Amadou Diallo. Walton testified to the New York City Council that the NYPD's street crime unit had stopped and searched young men because they were black. The NYPD also agreed to reinstate Walton so she can retire with a pension.

CENTRAL PARK 5 CASE MAY BE DELAYED TO 2003

The black and Latino community in New York City received another blow in the Central Park 5 case. The stalling tactics applied by the Manhattan District Attorney, Robert Morgenthau, culminating in an adjournment of the case until December 5 to "complete their investigation." Last week presiding judge Charles J. Tejada told prosecutors he envisioned the case probably going into January.

CENTRAL STATE, KENT STATE FORM PARTNERSHIP

WILBERFORCE — (NNPA)-Kent State University (KSU) and Central State University (CSU) have signed a historic Memorandum of Agreement linking the two public institutions in a partnership intended open opportunities for students and faculty on both campuses. The proposed union includes B.S./Master's degree curriculum with CSU's bachelor's in Manufacturing Engineering and KSU's Masters in Technology. CSU was awarded a \$2.2 million National Science Foundation grant for its science, math, engineering and technology program.

Black Caucus urged to be more aggressive

By Hazel Trice Edney
NNPA Washington Correspondent

WASHINGTON (NNPA)—As Republicans assume power over all three branches of a government with an ultra-conservative legislative agenda, black America must demand a more forceful Congressional Black Caucus, says former Atlanta Mayor Maynard Jackson.

"We need to call on the Congressional Black Caucus to get even more aggressive and to show us the way," says Jackson, founder of the Atlanta-based American Voters League, an organization that seeks to increase black voting. "That's one of the reasons that they are there, to give us that kind of leadership." Jackson, former national development chair of the Democratic National Committee, added "So we need to ask the Congressional Black Caucus to give us a plan—on their level—of how we can support them and the Democratic Caucus in both Houses."

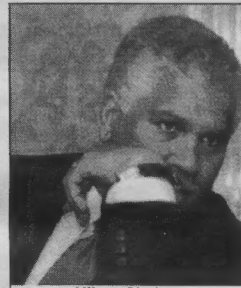
Jackson is among black political and civic activists around the country who are now groping for winning strategies to counteract the Republican agenda as Democrats, hit by major losses

in the Nov. 5 election, now set their sights for the presidential election of 2004. But, politicians should not do all the strategizing, says Hilary Shelton, director of the Washington Bureau of the NAACP.

"When you join an organization, it means you're working with those who have a plan, who understand the problems," says Shelton, a Capitol Hill lobbyist. "They need to join some organizations that are working for our issues and concerns in our communities."

Shelton says he saw the potential impact of grassroots participation during an NAACP legislative mobilization day on Capitol Hill in September. "Over 700 NAACP people came," he says. "But, it should have been over three times that many people, three times that many African-American people to say we have an unfinished agenda."

Despite national efforts to increase black voter turnout, Republicans handily won back the majority in the Senate and tightened their control of the House. It may be months before final numbers on black voter turnout are tallied by the U. S. Census Bureau. But, Black activists are already turning their attention to the future.



Hilary Shelton

Illinois is being touted by Democrats as an example of how to get it right. That's where Democrats won big, electing Rod Blagojevich as the party's first Democratic governor in 30 years, retaining control of the Illinois House and capturing control of the Senate.

"He was very, very strong on jobs and the commitment to job creation. And he was strong on his commitment to education and his promise of preschooling that includes reading programs for all children," says Louanner Peters, deputy campaign manager for Blagojevich. This translated into a higher voter turnout, Peters explained.

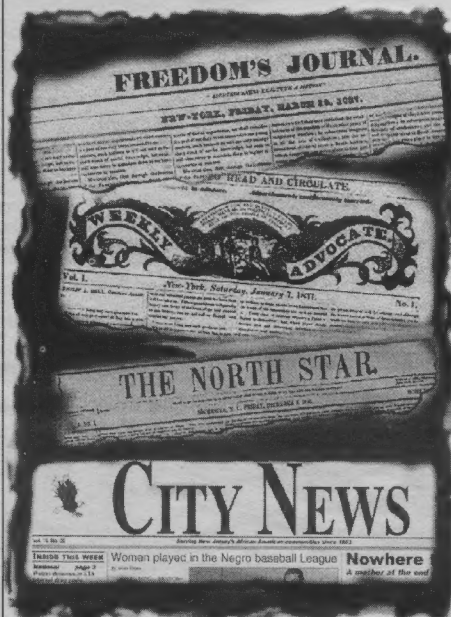
Grassroots organizing is not new to the black community. Block-by-block get-out-the-vote efforts, including precinct captains, door-to-door flushers,

sound trucks and church vans are traditional and are known to work. But, it will take more money to organize the strategy properly on a larger scale for 2004, says Delisa Saunders, director of civic participation programs for People for the American Way. "We didn't have a message for women, for youth, for black males between 18-40," she says. "We need to start early, we need to go broader, we need greater grassroots fund-raising strategies," she says.

Kirk Clay, co-chair of Black Youth Vote, a program of the coalition, says the youth vote needs to be better organized. "We need to put a lot of time and energy into youth development. There really are no mentorship programs like there used to be." He points to the 2001 success of Detroit Mayor Kwame Kilpatrick, 31, as the perfect example of a successful candidacy that inspires youth voters.

Bobby Rush, a candidate for the chairmanship of the Congressional Black Caucus, agrees with Maynard Jackson that the CBC must be more active on the front lines. "We can't just sit back on the sidelines and allow others to lead the Democratic Party over the cliff into oblivion," he says.

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CITY NEWS constantly draws on the past to make sense of current times and to provide direction for the challenges we face today and in the future. It is about our African heritage with roots deep in fertile soil having spawned mankind and the first civilizations. It is about our American history with roots deep in slavery and struggle. It is about our victories and triumphs. It is about our setbacks and shortcomings. Most importantly CITY NEWS and its family of publications are about the strengths of the black community in New Jersey and richness of urban life.

Each week, CITY NEWS helps to preserve the struggles, achievements, issues and dreams of black people for the annals of history, linking the past and future, helping to pave the way for a better tomorrow.

Editorial

Will Zinni become Zelig for the Horn of Africa?

Last April observers were wondering if Gen. Anthony Zinni was capable of morphing a war-maker to a peacemaker. For four years prior, Gen. Zinni served as the regional commander in chief for the U.S. Central Command, where he headed military operations in 25 countries from the Horn of Africa to the Middle East and Central Asia. Gen. Zinni returned to the region as U.S. envoy to the Middle East in April 2002. His alleged charge was to subdue the Palestinian-Israeli conflict.

There is a saying that if you want peace, prepare for war and it appeared that the Bush administration was counting on Gen. Zinni's military background to turn that maxim into reality. Today, however, the U.S. is rebuilding its troops in the destitute Horn of Africa region — the region including Ethiopia, Eritrea, Kenya, Uganda, Tanzania, Somalia, Sudan, Djibouti, Rwanda and Burundi regained its military importance to the U.S. after the September 2001 terrorists attack and the subsequent war against Osama Bin Laden in Afghanistan. Given the U.S. military's stepping up of maneuvers in the Horn of Africa in the Bush administration's seemingly impending war against Iraq, it appears that Gen. Zinni the war maker will not have to change into a peacemaker, he simply has had a seven month jump on preparing for war.

The U.S. troops have returned to the area because of its strategic location, which will benefit America if we go to war against Iraq. When our military pulled out after their intervention in Somalia in the early 1990's, the region remained plagued by starvation, HIV/AIDS infections, millions of refugees, displaced persons and drought. Earlier last month a World Food Program spokesman estimated that as many as 16 million people in Ethiopia and Eritrea alone are facing food shortages. This grim situation has already resulted in deaths among the most vulnerable people: children and the elderly.

Because the effects of armed conflict disrupt and destroy the normal infrastructure of the nations, deplete the work force, and ravage the economy, the effects of war take on greater magnitude in resource challenged regions such as the Horn of Africa. Already NATO ally Turkey, another key logistic area in the impending war, is discussing an initial compensation package of between \$700 million to \$800 million with key Washington decision makers. Turkey was devastated during the Desert Storm war against Iraq.

A few weeks ago the U.S. Congress even agreed to spend more than \$3 billion over the next four years on reconstruction and expanded peacekeeping in Afghanistan, the nation we attacked a year ago during the war against Osama Bin Laden, the Taliban and al-Qaeda.

Will Gen. Zinni, a military type Leonard Zelig who has a reputation for immersing himself in whatever culture he is in, use his political, humanitarian and military skills to forge long-term, meaningful change for the billions of Africans who are starving and dying in the Horn of Africa? If not Gen. Zinni, someone in Washington needs to ensure that these ravaged nations receive the economic and pharmaceutical aid their citizens need for survival.

The buying and selling of the black vote

By William Reed

How often have you been told that due to its importance to our families and communities, voting is a civic duty every citizen should perform? On the other hand, how many citizens recognize that if you don't put money where you put your vote, the ballot you place has little relevance in the election process?

From the beginning of this Republic politics has been a parlor game of the rich. Once held only by white male property owners, the right to vote supposedly now allows voting privileges to all. In actuality, today's election process continues to illustrate that those with the most money rule politics; and voters and candidates with little wealth still have little or no meaningful participation in the process.

The high cost of running for office deters low-income citizens and candidates from mounting viable campaigns for their interests and issues. People unable to play "pay politics" have little to say about who gets nominated and receive little representation from whoever is elected.

"Get Out The Vote" people, who get paid for their roles, clamor, "When Americans do not participate in elections our democracy is threatened."

When more blacks understand the connection between political and economic power they will find and fund political campaigns that will empower our communities.

The truth is a "Politician For The People" cannot be elected without support of the rich. Black Americans have to grasp the fact that having a passionate belief in a candidate is not enough to get them elected. As the cost of mounting credible campaign increases, black political power will expand not only by getting out the vote, but through putting money with our votes. Starting with election primaries candidates that collect the most money almost always go on to capture their party's nominations. So, is there any wonder that the campaign contributors who enabled candidates to win are first in line to be "represented"?

One percent of the population funded the 2002 political campaigns. To be real players in the electoral process, blacks have a long way to go in the

money race. A 1997 survey by Public Campaign found over 90 percent of large contributors to federal campaigns were white. A 90 percent white district in Manhattan, with just 107,000 people, gave over \$9.3 million to federal candidates, while 9.5 million persons in 483 communities of color only gave a total of \$ 5.5 million.) Candidates raising the most money in 2000 won 93 percent of races.

Political campaign funding is increasing four times the annual inflation rate. Clearly minority neighborhoods give far less to candidates than white ones, but when bulk of the bucks in our neighborhoods' campaigns comes from outside of them it's time to reassess our votes' actual value.

When more blacks understand the connection between political and economic power they will find and fund political campaigns that will empower our communities. Because it takes money to pay campaign staffs, buy materials and posters, fund direct mail and television and radio ads. African American should note that just voting on Election Day is hardly enough to represent black needs and interests.

William Reed is president and CEO of Black Press International. He has been a marketing and communications media entrepreneur for over two decades.

White Ghosts and Black Snipers

This is the second of a four part commentary by John Sankofa on violence in America

In no other realm of national affairs is our cultural and political embrace of the gun more self-evident than in President Bush's appointment of Dr. Richard Carmona, a former SWAT team leader who once killed a man in a midtown shoot-out, to the post of U.S. surgeon general.

During Carmona's Senate confirmation hearing, prominent physicians objected to the fact that in 1999 Carmona gunned down an armed suspect at a busy intersection in Tucson, Ariz., while moonlighting as a cop for the Pima County Sheriff Department. Carmona, trained as both a police officer and a trauma physician, chose not to render emergency medical care to the dying man. Dr. James Curran, dean of the Rollins School of Public Health at Emory University in Atlanta, has said publicly that he is not "proud that our Surgeon General shoots people".

Carmona's unprecedented stance on gun policy at the Senate hearings also riled his critics and spoke volumes about the American journey with the gun. Carmona indicated that as surgeon general he would not

take a stand for gun control but would instead focus on "educating the people as to the risks of gun ownership."

Public health leaders, especially the Surgeon General, the nation's foremost defender of public safety, are typically strong advocates for gun control. Carmona and the Bush Administration blazed a new trail. The Senate, seemingly intoxicated by post-September 11 fervor and impressed by Carmona's polished military credentials (a special forces soldier in Vietnam with two purple hearts; a decorated SWAT leader and an expert on weapons of mass destruction), saw no problem with the nominee's unique take on gun policy, nor did they see any ethical conflict in a sworn healer leading a double-life as a SWAT sharpshooter. Last July, the Senate unanimously confirmed Carmona as the first cop-doctor ever appointed surgeon general and the first in U.S. history with a body count.

Praise for Carmona's appointment has saturated Internet websites of the nation's leading pro-gun organizations, including the National Rifle Association and Guns of

America. An e-mail posted on the Carrying Concealed Weapons website warmly pondered the possibility of a swing among national public health officials toward favoring guns: "A pro-gun [surgeon general] might declare that firearms are no more of a 'health issue' than automobile accidents," an e-mailer quaintly named "HandyMan Hugh" mused.

Ironically, on the morning of last Oct. 28, as prosecutors in Virginia and Maryland jostled over which state would get to flip the switch on the two sniper suspects, the University of Arizona at Tucson (where Carmona once taught public health courses in weapons of mass destruction), was the site of yet another shooting spree.

Robert Flores, who, like Muhammad, also is a 41-year old Gulf War Veteran, apparently armed himself with two guns and went on a shooting rampage in the lecture halls at the university's nursing school. Flores killed three female nursing professors before turning a gun on himself.

John Sankofa is a health writer who was awarded the 2002 Health Media Fellowship by the Kaiser Family

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BUSINESS BRIEFS

PREVAILING WAGE ACT FINES STIFFENED

Governor James E. McGreevey signed a bill recently increasing the penalties for violation of the state's Prevailing Wage Act on publicly funded jobs. Violations call for fines ranging from \$250 to \$5,000. For more information go to <http://www.state.nj.us/labor/>.

IRS HAS \$3.3 MILLION UNCLAIMED REFUNDS

The IRS is seeing New Jersey taxpayers who can claim their share of 3,963 undeliverable refund checks, totalling \$3.3 million. In most instances the taxpayer moved to a new address before the refund checks were mailed, according to the IRS. For more information call 1 800-829-1040.

MICROENTERPRISES HELPS, STUDY SAYS

The Microenterprise Fund for Innovation, Effectiveness, Learning and Dissemination (FIELD) and the Aspen Institute have joined with the Association for Enterprise Opportunity (AEO) on a study that concludes loans, training and technical assistance allow micro entrepreneurs to increase their assets, reduce reliance on federal assistance and overcome poverty. To review the study visit www.fieldus.org.

ANTI-TELEMARKETING BILL GETS MUSCLES

Gov. James E. McGreevey has responded to requests from the AARP leaders to strengthen legislation enacting a do not call list and other telemarketing protection. The governor is holding a series of workshop for senior citizens throughout the state. For information on the next session call 888-336-4043.

ETI MARKS 10 YEARS OF BIZ TRAINING

The Entrepreneurial Training Institute (ETI) recently celebrated its tenth year of helping aspiring entrepreneurs to develop a step by step plan for their business. Simone Spence, of Child Support Solutions in Montclair was among the recent graduates who received an achievement award. Trina Estell of Your Laundry Room in Elizabeth was among the program graduates who received an honorable mention. For more information on the ETI call 609-292-1800, or visit www.njeda.com.

NEW U.E.Z. PROJECTS APPROVED

Nearly \$3.5 million was approved to fund a wide variety of projects that will invigorate the state's urban communities by the New Jersey Urban Enterprise Zone Authority, according to state Commerce Secretary William D. Watley.

"New Jersey's Urban Enterprise Zone program remains at the forefront of the state's urban revitalization efforts," said Secretary Watley. "The program has been successful in advancing employment and investment that is integral to our core mission of creating opportunities for our citizens."

Among the municipalities that received funding for UEZ projects were Paterson, Asbury Park, Hillside, Jersey City, Lakewood, Millville, North Bergen, Orange, Passaic, Pemberton, Union City and West New York.

Hillside was approved to receive \$154,435 for its Community Policing project to provide funding for four police officers to patrol within the Hillside UEZ; Jersey City will receive funding in the amount of \$130,000 to designate an engineering firm for rehabilitation and reconstruction of Bergen Avenue from Montgomery Street to Sip Avenue as well as sidewalk enhancements along portions of Bergen Avenue and Montgomery Street.

North Bergen will receive \$244,879 for its Maintenance Program 2002-2003 to fund salaries and benefits for four full-time public works employees and one supervisor for maintenance of the North Bergen UEZ by removing garbage, street sweeping and preserve landscaped areas. Orange's request for \$217,621 was approved for its UEZ Policing Project to provide funding for four police officers on foot patrol within the UEZ during all normal business hours.

In the second, \$259,764 was approved for Project Clean Sweep to expand the current project by employing 13 laborers and a full time supervisor seven days a week for litter collection in Passaic's designated UEZ.

Union City will receive \$265,859 to provide for the continuation and execution of an ongoing marketing and public relations campaign for the Union City UEZ.

West New York's request for \$133,250 to continue the rehabilitation and strengthening of the Bergenline Avenue corridor through an improved streetscape in the West New York business district.

GIBBONS MOVES TO FIRST UNION



Lucia DiNapoli Gibbons
SUMMIT — Reggie Davis, CEO of First Union/Atlantic (NJ/NY/CT) has named Lucia DiNapoli Gibbons regional president for Northern New Jersey. In her new position, DiNapoli Gibbons will provide executive leadership to all consumer, commercial banking and community reinvestment activities in 10 counties. Most recently she was the regional director of the Small Business Services Division of Fleet Bank in New Jersey and Pennsylvania.

Commenting on DiNapoli Gibbons' experience, Davis said, "She not only brings a wealth of banking expertise and proven leadership to this position, but also she is well known and respected in the community."

"I am particularly looking forward to expanding my reach to the consumer business," DiNapoli Gibbons said. "The partnership between the consumer and commercial businesses is critical, and First Union recognizes the value of having a common leader across these segments..."

Union offers asset building program for low income families

Union County families will soon have a new way to build long-term wealth through an Individual Development Account (IDA) matched savings program scheduled to begin early next year.

Participant savings and matched dollars can be used to help purchase a home, start or expand a business, or to pay for higher education. A family that saves on a regular basis for three years can have up to \$4,500 (\$1,500 per year) of its savings matched dollar for dollar. To be eligible for the program a family must reside in

Union County, have at least one dependent child and have an earned income that is less than 200 percent of federal poverty guidelines. Savers must be at least 18 years of age.

"The freeholders believe that this has the potential to be a powerful stimulus to county residents and the economy of Union County," said older Angel G. Estrada who lauded the program.

For more information on the IDA program, contact Art Lersch at 908-737-5880, or Joseph Diaz at 908-351-7727.

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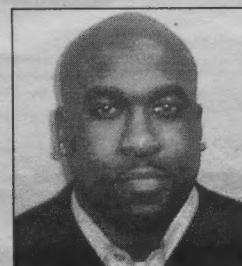
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NJ COMTO honors fallen comrade

CONTINUED FROM PAGE 1

Hamm, the president of the local chapter of COMTO. The New Jersey chapter is the largest within the organization which was founded in 1971. "Hundreds of transportation industry employees came to his funeral his funeral," Hamm said. "Julie Cunningham, our national executive director attended and was in the procession." The funeral services for Conrad Johnson was held on October 26.

The Newark vigil was one of hundreds held by COMTO's chapters across the United States to show honor their fellow transportation industry comrade. Hamm says COMTO is trying to ascertain the number of transportation employees who are killed in the line of duty. "We know for a fact that a number of employee particularly those on the front line of operations do



Conrad E. Johnson

from tie to time become the victims of violence. It does happen," Hamm says. "I haven't seen any stats. I've sat on the bus myself and seen drivers threatened."

"We thank God for the opportunity to come together to show love and unity in this hour," Lorraine Robinson, recording secretary of the local chapter said at the vigil.

After Conrad Johnson was

shot a message went out from the COMTO national office to all the chapters and immediately people started collecting money for him, according to Hamm.

The New Jersey Chapter of COMTO was founded in 2002 to establish a unified voice for minorities and women in transportation disciplines, to promote professional growth and advocate equal opportunity. For more information on COMTO visit their website at: www.comtonj.org.

Anyone wishing to make a contribution to Mr. Johnson's family is invited to make their check payable to the "Conrad E. Johnson Fund," and mail it in care of:

Local 1994 — Conrad Johnson Fund
108 Olde Towne Ave., Suite 13
Gaithersburg, MD 20877

Have your cake and eat it too over the Thanksgiving holiday

People are already fretting about holiday weight gain. But Katherine Tallmadge says, "Don't worry! You can enjoy yourself and prevent weight gain or even lose weight over the holidays! But there are certain tricks of the trade people need to know so that they can enjoy themselves fully and also prevent the usual several pound holiday weight gain between Thanksgiving and New Year."

Tallmadge is a Washington, D.C. based weight loss and nutrition consultant and author of *Diet Simple 154 Mental Tricks, Substitutions, Habits & Inspirations* (Lifeline Press) named a top three diet book by Good Housekeeping Magazine.

Tallmadge's *Diet Simple*



Program, recently hailed by Good Housekeeping Magazine as both nutritionally sound and easy to follow, has been recommended by the American Dietetic Association. Her program is simple: It allows you to make individualized plans for holiday eating that are easy to follow and still permit you to have fun. Here are a few tips that will save you at least 3 holiday pounds and won't let you feel like a stuffed turkey by the time New Year's rolls around:

The 25 Percent Blowout: If you are invited to four social gatherings in a week, go to them all but indulge at only one. You can allow yourself to splurge while still saving at least 600 calories. **Eat Only the Best:** Don't waste valuable stomach space on foods you don't really care about.

At every party this year, only eat the foods you really, really love. If you pigged out on your favorites stuffing and pie with double servings of each, that's a lot fewer calories than you'd get by sampling everything. Save at least 500 calories this way. **Chat and Chew:**

At parties, we tend to gulp food without even thinking about it. You start talking and before you know it, you've consumed everything on your plate. Did you ever think you could lose weight by enjoying and savoring your food more? It works! Save at least 400 calories this way. **Compliment "Food Pushers"** Lavishly, but in the end, just say no! Be firm and use a positive approach. NEVER tell people you're "on a diet" or "watching it."

Hypertension management when you need it most

NAPS — If you're one of the millions of Americans who suffers from hypertension, there's eye opening news. A higher rate of cardiovascular events including heart attack, stroke and sudden cardiac death occurs in the morning.

Doctors say blood pressure rises in the early morning, peaks in the late morning, then slowly declines, reaching its lowest level during sleep. This is because blood pressure has a circadian rhythm (the body's natural "clock" that is believed to dictate biological cycles and functions).

To compensate for the rise in blood pressure in the morning, doctors have concentrated on ways to deliver hypertension drugs in greater amounts when blood pressure is higher (mornings) and in smaller dosages when blood pressure is lower (the middle of the night) while not disturbing the sleep cycle. The science is called **chronotherapeutics**.

A recent study involving over 2,500 patients confirms that the chronotherapeutic drug called **Verelan® PM** (verapamil HCl) works with the body's circadian rhythms to

manage hypertension.

Patients who take the drug at night may see lower blood pressure the following morning, possibly reducing their risk of serious or even life threatening events.

The drug incorporates technology that allows for a four to five hour delay in delivery after it is taken. "Cardiovascular researchers have known for some time that blood pressure rises rapidly in the early morning as a person wakes and begins activity," says president Ron Stratton of Schwarz Pharma Inc., marketers of the drug. "The medical community is beginning to appreciate the importance of a patient's natural body rhythms as they relate to timing of medications."

The clinical significance of reducing the early morning rise in blood pressure has not been established. Verapamil should be administered cautiously in patients with impaired renal or hepatic function. Headache, constipation, peripheral edema, and dizziness were among the most common side effects. Go to <http://www.schwarzusa.com> for prescribing information.

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Published every Wednesday

City News takes a look at the health issues on the minds of African Americans in a special section titled
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Health Alert

New Jersey in serious need of blood supply

The FDA mandated blood donor guidelines in October 2002 which are related to a theoretical risk of transmitting the human form of mad cow disease by transfusion. This new FDA blood donor guideline may reduce our communities blood supply to dangerous levels, report New Jersey Blood Services officials.

Banned from donating are people who have visited or lived in the United Kingdom for three months or more between 1980-96, people who received a blood transfusion in the United

Kingdom since 1980 and people who have spent five years or more in any other European country since 1980.

"The state of New Jersey imports about 70,000 units of blood from our sister state annually, but if blood shortage increase across the nation those centers will rightly take care of their own communities first and possibly have little or no exports available," says John Gandelone, Executive Director, New Jersey Blood Service.

—New Jersey Blood Services

November — annual 'Epilepsy Awareness Month' in New Jersey

TRENTON — The Assembly recently passed legislation Assemblyman Craig Stanley sponsored to heighten the public's understanding and awareness of epilepsy, an illness that affects more than 2.5 million Americans.

The measure (AJR-24) would designate November as "Epilepsy Awareness Month."

Epilepsy patients can experience a sudden seizure or pattern of seizures and may be unable to control bodily functions or unusual behavior.

Stanley said epileptic seizures can be traumatizing for patients, often occurring without provocation. But modern medical advances, however, have proven highly successful

in treating these patients.

"In 70 percent of epilepsy cases, there is no known cause for the illness. However, new medical treatments can fully or partially control these seizures in 85 percent of patients," said Stanley (D-Essex). "Young children with epilepsy are sometimes ridiculed and ostracized by their peers, who may not know what epilepsy is or why these seizures occur."

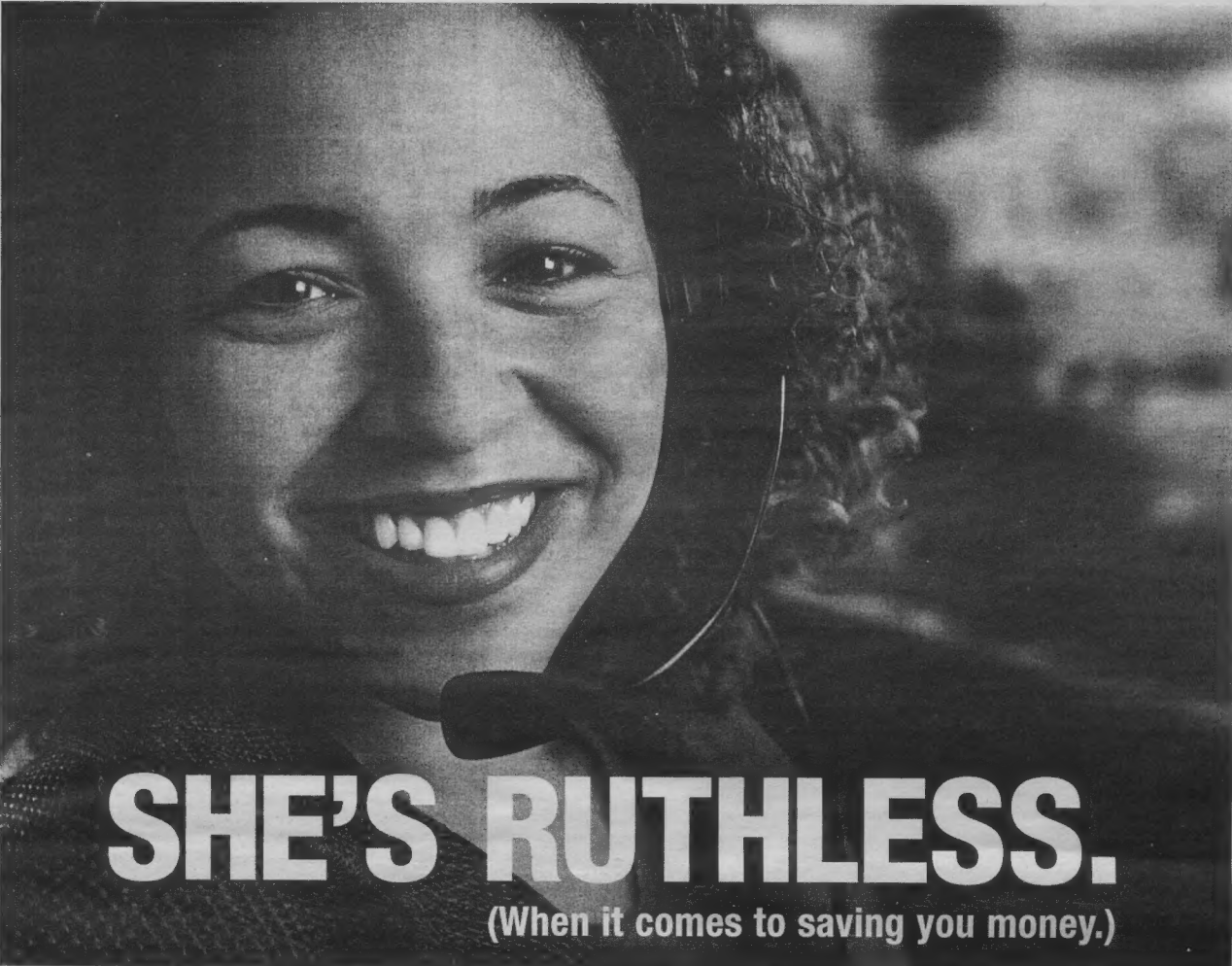
Nationwide, an estimated 316,000 children under age 14 have epilepsy, while two percent of New Jersey children under age 18 have been diagnosed with this condition.

"This measure would help to educate the public about epilepsy in hopes of clearing up

any misconceptions or fear of this illness that affects so many youths," said Stanley. "It also would underscore the importance of research, technology, and pharmaceutical breakthroughs that would improve the quality of life for chronic seizure sufferers."

Research has found that Epilepsy can occur in individuals, who experience extreme medical conditions such as brain tumors, bleeding into the brain, central nervous system infections like meningitis, encephalitis, or cerebral abscess, or stroke that resulted in blockage of arteries or veins.

The measure passed both houses 76-0.



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Fever: Five people plus two marriages equals a whole lot of drama....

Grosvenor delivers an on-the-edge, exciting sequel

Book written by Linda Dominique Grosvenor

Publishers of best selling fiction under the imprints Arabesque, Sepia, and New Spirit, delivers a richly detailed, and poignant fastread from national best selling author Linda



Dominique Grosvenor with her much anticipated sequel "Fever" to be published January 2003. The characters you loved in "Like Boogie On Tuesday" make their comeback in this feverish, sassy story of determination, validation and forbidden love.

Up and coming filmmaker Tim

Richardson is finally making it in Hollywood. But neither the movie business nor the business of marriage is what he expected. As he fights to keep hold of his dream, he must also placate his neglected wife. But will an ex-girlfriend's reappearance jeopardize everything?

Ensnared in her California digs, Nina Richardson is feeling far from cozy. What's the point of her husband's success if his life barely includes her? Besides, Nina is having trouble believing Tim's days are really work and no play.

Recently widowed, Tori Singleton is putting the pieces back together with an idea that could leave her and her teenage daughter financially set for life. But when she turns to her brother-in-law, Sam, for advice, she discovers feelings that were not in the plan.

Carla Robinson Singleton doesn't know why she's withdrawn from her husband or, why she can't reveal the painful secret she's been hiding for so long. But Sam is losing patience and Carla fears his heart is drifting. Maybe the threat of another woman is what she needs to jumpstart her emotions, because she's determined to find out the truth if it's the last thing she does.

Sam Singleton loves his wife more than anything. But her coldness has forced him to harden his

heart. When he shares his trouble with his sister-in-law, he discovers they have much in common, including feelings for one another that have been hidden all along. The question is whether they should stay that way.

Readers will delight in this wrenchingly, real story and feel both happiness and pain as they follow the trial and tribulations of these favorite characters. "This mesmerizing sequel to Like Boogie On Tuesday will hold you captive," touts Mary Monroe, author of God Don't Like Ugly and Gonna Lay Down My Burdens. "Linda Dominique Grosvenor skillfully delivers a balance between pain and triumph with grace and sensitivity; a truly impressive work of fiction." ESSENCE declares, "Linda Dominique Grosvenor is a gifted storyteller. Fever is an entertaining and engrossing reading that I didn't want to put down. This book is truly addictive..."

"Linda Dominique Grosvenor has proven herself again as a masterful storyteller" remarks Glenda Howard senior editor for BET Books. "FEVER is an urban melodrama, filled with three dimensional characters whose dilemmas and circumstances will hold our imaginations captive. This was definitely a fast-paced and entertaining read."

Linda Dominique Grosvenor has received much acclaim for her previous title "Like Boogie On Tuesday".

"Grosvenor brings a sense of

style and quality to her prose that lifts her work out of the ordinary to secure a place as one of the brighter voices of commercial fiction."

Donna Hill, author of If I Could

"In a fast-paced story textured like a delicious metaphorical gumbo, Linda Dominique Grosvenor spins a tight web of passion and desire."

Tracy Price Thompson, author of Black Coffee

Linda Dominique Grosvenor is an author, poet and is currently taking a leap into film. She is currently working on her next set of novels as well as cutting edge projects for television and film. She lives in North Carolina with her husband. Fever is her third novel.

BET Books was formed in 1998, with the purchase of the Arabesque romance line. Arabesque remains the first line of original African American romance novels from a major publishing house.

BET Books has published over 250 titles, including novels from such veteran romance authors as Francis Ray, Donna Hill, Rochelle Alers, and Gwynne Forster. Thirteen of these captivating romance novels have been brought to the screen, as made for television movies airing on BET.

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A Gospel Christmas at The Community Theatre

MORRISTOWN — On Thursday, December 5, 2002 at 8:00 pm, Michigan's acclaimed Joyous Voices Gospel Band and Choir performs Oh Holy Night: A Gospel Christmas at The Community Theatre. Direct from Detroit, this lively Christmas concert is led by Rudolph Hawkins, who is heralded throughout the gospel and R&B music scene as a top notch performer, composer and music director.

The band and choir will perform arrangements of well-known Christmas music in a fresh, highly energetic celebration of the holiday season. A Gospel Christmas also tells a story, carrying the audience on a journey through a present day Christmas shopping scene back to the humble beginnings of the night of Christ's birth.

The choir brings a vibrant and inspirational style to their collective musical approach. Each member has a chance to solo throughout the performance; however, it's the ensem-



ble singing that particularly stands out. A five-piece backup band includes piano, guitar bass, drums and synthesizer and is said to have a solid, but restrained approach.

Written and conceived by Mr. Hawkins and directed by Thomas Nance, the program promises "a little bit of theatre, a little bit of old fashioned pulpit pounding and a whole lot of inspirational music." The Kalamazoo Gazette. A native of Detroit, Mr. Hawkins is known for his musical wit and exuberance. His extensive

resume as musical director, composer and choral director has reached a new level with Mamma, I Want to Sing, of which he composed and directed the chorus. This production recently appeared in New York City and across the country.

Tickets for The Community Theatre presentation of Oh Holy Night: A Gospel Christmas on December 5th at 8:00 pm and can be purchased online at www.communitytheatrej.com or on location at the box office.

For movies opening November 27

At the Movies

Adam Sandler's Eight Crazy Nights



Davey Stone, a 33-year old party animal, finds himself in trouble with the law after his wild ways go too far. In keeping with the holiday

spirit, the judge gives Davey one last chance at redemption — spend the holiday performing community service as the assistant referee for the youth basketball league or go to jail.

Davey thinks he's gotten off easy until he meets Whitey Duvall, the eccentric, elf-like head referee. The mismatch between Whitey's good heart and never-ending optimism and Davey's constant trouble making antics soon have them both wondering if going to jail wouldn't have been easier! In this new, full-length animated feature about basketball, old girlfriends, holiday spirits, and the mall, Adam Sandler voices the three lead characters of Whitey, Davey, and Whitey's fraternal twin sister Eleanor!

Rated PG-13

Solaris



Upon arrival at the space station orbiting an ocean world called Solaris, a psychologist discovers that the commander of an expedition to the planet has

died mysteriously. Other strange events soon start happening as well, such as the appearance of old acquaintances of the crew, including some, like the psychiatrist's wife, who are dead....

Rated PG-13

Treasure Planet



The legendary "loot of a thousand worlds" inspires an intergalactic treasure hunt when fifteen-year-old Jim Hawkins

stumbles upon a map to the greatest pirate trove in the universe in Walt Disney Pictures' animated space adventure, "Treasure Planet." Based on Robert Louis Stevenson's *Treasure Island*, this film follows Jim's journey across a parallel universe as cabin boy aboard a glittering space galleon.

Befriended by the ship's charismatic cyborg (part man, part machine) cook John Silver, Jim blossoms under his guidance, and shows the makings of a fine spacer as he and the alien crew battle supernovas, black holes and ferocious space storms. But even greater dangers lie ahead when Jim discovers that his trusted friend Silver is actually a scheming pirate with mutiny in mind. Confronted with a betrayal that cuts deep into his soul, Jim is transformed from boy to man as he finds the strength to face down the mutineers and discovers a "treasure" greater than he had ever imagined.

Rated PG

Harlem Song: pays homage to Harlem's greatest musicians

The grand and glorious history and culture of Harlem in the 20th century, as expressed in the vibrant music and dance whose influence has spread to every corner of the globe, is celebrated in *Harlem Song*, the colorful musical created for the Apollo Theater stage by multiple Tony and Drama Desk award winning writer and director George C. Wolfe.

One of the most talked about openings of the year, the show's open-ended run at the Apollo is the first in the theater's 88-year existence, and is emblematic of the commercial revitalization to which the Harlem community is now committed.

Harlem Song's innovative original cast recording which mirrors the fast paced sequence of the stage production as it weaves together musical numbers, stories, poetry, and narrations into a seamless whole is set to arrive in stores on November 26th.

It marks the first newly produced, newly recorded cast album in the 12 year history of Columbia/Legacy Recordings, a division of Sony Music.

Among the great names to

whom *Harlem Song* pays homage are: band leaders Jimmie Lunceford, Duke Ellington, and a Latino version of "Take the A Train", Cab Calloway "Tarzan Of Harlem", and Don Redman "Shakin' the Africann", blues singer Clara Smith "For Sale", poet Langston Hughes "Hungry Blues," etc.

Harlem Song was conceived and produced for the stage by Wolfe and John Schreiber. Wolfe is best known as the creative force behind the ground breaking Broadway musicals *Jelly's Last Jam* (based on the career of Jelly Roll Morton), *Bring In 'Da Noise Bring In 'Da Funk*, *Elaine Stritch At Liberty*, and this year's acclaimed *Top Dog/Underdog*, John Schreiber.

Among the other members of the producing team are Herb Alpert, Whoopi Goldberg and Sony Music.

Reflecting *Harlem Song*'s chronological storyline from the Jazz Age and the Roaring '20s, through the Great Depression, the Harlem Renaissance, and World War II, from the Bebop era and the nascent Civil Rights movement to the urban decay that began to

afflict Harlem in the '70s, up through the rebirth experienced today this is an ambitious musical with a cast recording to match. The music ranges from blues to bop, from jazz and swing to gospel and soul, up to the dawn of hip-hop.

The 16 person ensemble of *Harlem Song*, who are supported by a live band onstage, are equally well represented on the cast album.

Harlem Song resonates from beginning to end with one musical touchstone after another.

With the *Harlem Song* cast album, Wolfe and company have succeeded in creating "as much as you possibly can, the visceral experience of seeing the show live," as he told *Billboard*, "because you don't have the visual. It's about creating the sense that you're in the theater when you're listening to it."

In December, as renovations inside the theater carry on completion, the show is expected to go on hiatus or on the road until its return to the Apollo in the spring.



E BRIEFS

Entertainment

— Kim Bowman

Two men arrested for murder of actor Merlin Santana



Last week Los Angeles police arrested Damien Gates, 20, and Brandon Bynes, 23, both from LA for investigation of the murder of actor Merlin Santana.

The men are being held without bail.

Several weeks ago, police took into custody a 15 year-old girl in connection with the murder. Santana, an actor on the "Steve Harvey Show" (now in syndication) and an aspiring rapper, was shot on November 9 while sitting in the passenger seat of a car in the 3900 block of Crenshaw Blvd. in south LA.

Police say the incident was precipitated by a verbal exchange that created a "grudge" between Santana, another man, and the two suspects. Exactly what the specifics are police aren't saying. However they don't believe the actor did anything to provoke the shooter, according to EURWEB.com.

With new album on the way, Whitney feels need to become visible



Whitney Houston is pulling all the stops to promote her soon to be released album "Just Whitney" on December 10.

The singer's label, Arista Records has invested millions in the diva, is making sure this album is successful. Houston will be making public appearances and radio interviews. She has never enjoyed talking to the press even during better days. However, Houston recently sat down with ABC's Diane Sawyer to discuss accusations of her drug use, marriage to Bobby Brown and weight loss according to a *World Entertainment News Network* report. Houston's interview with Diane Sawyer airs December 4th at 10 PM on ABC Network.

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LEGAL NOTICE

HOUSING AUTHORITY OF THE TOWN OF MORRISTOWN

REQUEST FOR PROPOSALS
 COLLECTION, REMOVAL & DISPOSAL OF
 GARBAGE, RUBBISH & RECYCLABLES

PUBLIC NOTICE is hereby given that sealed proposals will be
 received by the Housing Authority of the Town of Morristown (hereinafter
 called the Authority), in the County of Morris, State of New Jersey, at the
 Administration Offices of the Authority, located at 31 Early St.,
 Morristown, NJ 07960, on **January 9, 2003 at 10:30 a.m.**, prevailing
 time. All bids will be opened publicly and read aloud at that time, for a
 single complete contract. The Authority reserves the right to waive any
 informalities in bids and to reject any and all bids if it is in the best interest of
 the Authority to do so.

All work incidental thereto, in accordance with specifications.

Bids must be accompanied by a certified check or Bid Bond in
 the following amounts:

BIDS	AMOUNTS
Up to \$200,000	10%
\$200,000-\$400,000	\$20,000
over \$400,001	5%

Bids must be accompanied by consent surety regardless of
 whether a check or Bid Bond is submitted. All Bonds and Consents of
 Surety must be written by Surety Companies listed in the most recent
 Circular Number 570, United States Department of Treasury.

The Contract Documents are on file and can be obtained at
 the Administrative Offices of the Authority. **DOCUMENTS WILL NOT BE
 MAILED.**

The Successful Bidder will be required to furnish an acceptable
 Performance and Labor and Material Payment Bond, written by a
 Surety listed in the most recent Circular No. 570, United States
 Department of the Treasury, to the Authority may prescribe and with such
 Sureties as they may approve.

All Bidders must be authorized to do business in New Jersey.
 Any Bidder which is a corporation not chartered under the Laws of the
 State of New Jersey must submit an affidavit certifying that said corpora-
 tion is authorized to do business in the State of New Jersey.

Bidders are required to comply with the requirements of Public
 Law 1975, c. 127, which pertains to "Non-Discrimination" and "Affirmative
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David Gardner, Executive Director
 Morristown Housing Authority

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ADVERTISEMENT FOR BIDS
 The Director of Purchasing at Montclair State
 University, College Hall, Room 318D, Upper Montclair,
 New Jersey 07043, will receive bids for:
 Contract: Blanton Hall Fire Code Retrofit
 Request for Proposal # 385
 MSU Project No. 02-4401
 Montclair State University
 Upper Montclair, NJ 07043

until 2:00 p.m., Tuesday, December 17, 2002 at which
 time they will be publicly opened and read aloud in the
 Finance and Business Operations conference room,
 College Hall, Room 306, Montclair State University,
 Upper Montclair, New Jersey 07043. All bids must first
 be delivered to the Purchasing department before the
 bid deadline date and time.

Project Summary:
 1. The enclosure of eight (8) building floor laundry
 rooms, including construction of needed walls, and
 installation of doors, door closures and associated
 hardware.
 2. The installation of door closures and associated
 hardware for three hundred ninety four (394)
 resident rooms, study rooms and utility
 rooms/closets.

A Mandatory Pre-Bid Meeting will be held on
 Tuesday, December 3, 2002 at 2:00 p.m. in the
 Finance and Business Operations conference room,
 College Hall, Room 306, Montclair State University,
 Upper Montclair, New Jersey 07043. Attendance at
 the Pre-Bid Meeting is a requirement of all
 prospective Bidders. Copies of the proposal, including
 information for Bidders, bidding forms and
 specifications may be obtained on or about November
 28, 2002 at the office of the Director of Purchasing,
 Montclair State University, College Hall, Room 318 D,
 Upper Montclair, New Jersey, for a non-refundable
 fee of \$20.00. Payments for bid packages and
 specifications shall be made by cash, check, money
 order or credit cards (Discover, MasterCard and Visa
 only) payable to "Montclair State University" at the
 Cash Control office, College Hall, Room 216. Requests
 for additional information may be directed to John
 Goswami, Buyer, at (973) 655-7468. Bid packages can
 be mailed. Any award of contract resulting from this
 Request for Proposal will be subject to the availability of
 funds. All proposals must be delivered or mailed
 Electronic bids via fax or telephone will not be
 accepted. Bids must be enclosed in a sealed
 envelope/package bearing the name of the Bidder and
 clearly marked: **RFP 385 - Blanton Hall Fire
 Retrofit. Deadline for bidder's questions is Monday
 December 9, 2002 by 4:30 p.m.**

Qualifications:
 Contractors and sub-contractors must be certified
 as a State of New Jersey Public Works Contractor.
 Bidders shall include in their bid information about all
 Subcontractors to be used on this project as well as
 the bid documents. Each proposal shall be
 accompanied by a Guarantee payable to Montclair
 State University that if a contract is awarded, the
 bidder shall enter into contract, and shall furnish a
 Performance bond (100%) and a Material and Labor
 bond (100%). The Proposal Guarantee shall be in the
 amount of ten (10) percent and shall be given, at the
 option of the Bidder, by certified check, cashier's check
 or bid bond. No bid shall be withdrawn for a period of
 sixty (60) days after the scheduled time and date of the
 bid opening. Montclair State University reserves the
 right to waive any informalities in any proposal and to
 reject any or all proposals. Bidders are required to
 comply with the requirements of P.L. 1975, c. 127
 (N.J.A.C. 17:27) (Affirmative Action), State of New
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 entitled: "Minority and Female Subcontractor
 Participation in State Design and Construction
 Contracts," pursuant to N.J.A.C. 17:14.1 et seq. and
 N.J.S.A. 52:25-24.2, P.L. 1977, Chapter 33, "Statement
 of Stockholders Exceeding 10%." Failure to do so shall
 result in disqualification of the bid. Montclair State
 University is an Equal Opportunity Purchaser.



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 The Director of Purchasing at Montclair State
 University, College Hall, Room 318D, Upper Montclair,
 New Jersey 07043, will receive bids for:
 Equipment: Centrifugal Chiller 250 Ton Model Y1
 61A4C1-CH1
 Request for Proposal # 386
 Montclair State University
 Upper Montclair, NJ 07043

until 2:00 p.m., Friday, December 6, 2002 at which
 time they will be publicly opened and read aloud in the
 Purchasing Conference room, College Hall, Room 306,
 Montclair State University, Upper Montclair, New
 Jersey. The project consists of the delivery of one
 chiller as per the specifications.
 Copies of the proposal, including information for
 Bidders, bidding forms and specifications may be
 obtained on or about November 22, 2002 at the office
 University, College Hall, Room 318 D, Upper Montclair,
 New Jersey or by calling Dorothy Mader, Buyer, at
 (973) 655-4365.

Any award of contract resulting from this Request for
 Proposal will be subject to the availability of funds. All
 proposals must be delivered or mailed. Electronic bids
 via fax or telephone will not be accepted. Bids must be
 enclosed in a sealed envelope/package bearing
 name of the Bidder and clearly marked: "CHILLER."
 The proposal guarantee shall be in the amount of ten
 percent (10%) of the bid and shall be given, at the
 option of the Bidder, by certified check, cashier's check
 or bid bond.
 No bid shall be withdrawn for a period of sixty (60) days
 after the scheduled time and date of the bid opening.
 Montclair State University reserves the right to waive
 any informalities in any proposal and to reject any or all
 proposals. Bidders are required to comply with the
 requirements of P.L. 1975, c. 127 (N.J.A.C. 17:27)
 (Affirmative Action), State of New Jersey Prevailing
 Wage Rate Act and the provisions entitled: "Minority
 and Female Subcontractor Participation in State Design
 and Construction Contracts," pursuant to N.J.A.C.
 17:14.1 et seq. and N.J.S.A. 52:25-24.2, P.L. 1977,
 Chapter 33, "Statement of Stockholders Exceeding
 10%." Failure to do so shall result in disqualification of
 the bid. Montclair State University is an Equal
 Opportunity Purchaser.

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ADVERTISEMENT FOR PROPOSALS

Project No. 2000-30-15-2
 Pemberton Township Contract No. PT-11-2002

Sealed proposals will be received by the Township of
 Pemberton, County of Burlington, State of New Jersey at the Municipal
 Complex, 500 Pemberton-Browns Mills Road on December 11, 2002 at
 10:00 am for the Construction of a Salt Storage Building in the Township
 of Pemberton. This construction of the Salt Storage Building is being
 financed by the New Jersey Environmental Infrastructure Program
 (Project #S-340649-03).

The work to be performed includes but is not necessarily limited
 to the following:

Construction of a Salt Storage Building (Complete)
 Clearing and Grading Site
 Soil Erosion and Sediment Control
 Environmental Infrastructure Project Sign

Proposals shall be submitted in sealed envelopes bearing the
 name and address of the bidder addressed to the Township Clerk and
 endorsed with the project name and filed at or before the hour named at
 the place above stated when they will be publicly opened and read.

A certified check or bid bond is required with each bid in an
 amount not less than 10% of the total sum of the proposal, subject to the
 conditions set forth in the Instructions to Bidders.

On or after November 21, Specifications may be inspected by
 prospective bidders at the office of the Township Engineer, Raymond L.
 Worrell, II, PE & LS & CME, whose office is at Lord, Worrell & Richter,
 Inc. 651 High Street, Burlington, NJ 08016, during business hours.
 Contract documents will be furnished upon payment of \$60.00 to cover
 the cost of preparation. Contract documents are not required to be
 returned and payment will not be refunded.

Surety Company Bond will be required in the full amount of
 any contract awarded.

All relevant documents from the Bid Submittal Checklist must
 be included in the bid sealed envelope or else the contractor's bid could
 be rejected.

"All bidders and the contractor awarded the contract for con-
 struction of the Salt Storage Building (Project #S340649-03) must com-
 ply with all applicable laws, regulations and procedures as set forth in (1)
 the Local Public Contracts Law (N.J.S.A. 40A:11-1 et seq.) and (2)
 the regulations for Financial Assistance Programs for Environmental
 Infrastructure Facilities (N.J.A.C. 7:22-1 et seq.), and any other applica-
 ble laws, regulations and procedures indicated by the Pemberton
 Township's participation in the New Jersey Environmental Infrastructure
 Financing Program."

"All labor to be provided on this project shall be paid not less
 than the NJ Prevailing Wage Rate for each craft used on the project.
 Contractors shall observe and comply with the New Jersey Prevailing
 Wage Rate Act."

Bidders are required to comply with the requirements of P.L.
 1975, c. 127 and P.L. 1977, c. 33.

The right is reserved to waive any informality in any bid, to
 accept any bid, to reject any or all bids, or to award the contract as may
 be deemed to be in the best interest of the Township.

The contract will be awarded or all bids rejected within sixty
 (60) calendar days of receipt of bids.

"This project is funded in part through the New Jersey
 Environmental Infrastructure Trust Financing Program, New Jersey
 Department of Environmental Protection. All bidders shall comply with
 the provisions of N.J.A.C. 7:22-9.1 et seq. for the participation of small
 business enterprises owned and controlled by socially and economically
 disadvantaged (SED) business and/or individuals on this project."

This invitation to bid is offered on an unrestricted basis where-
 by the successful bidder must fulfill the 10 percent SED Utilization
 requirements of N.J.A.C. 7:22-9.1 et seq. for this project. The success-
 ful bidder shall utilize the lists of SED businesses provided by the NJDEP,
 NJCDE and the Township to fulfill the SED requirements of this project.
 Within 30 days of award of the contract by the Township, the successful
 bidder awarded the contract shall prepare and submit to the Office of
 Equal Opportunity and Public Contract Assistance (or other NJDEP office
 with responsibility for administration of the SED requirements of this project)
 a plan to meet the specific SED Utilization requirements for the project,
 and the requirements of Chapter 7:22-9.1 et seq."

By order of the Township Council of the Township of
 Pemberton.

Mary Ann Young
 Township Clerk

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Call or email:

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Calendar

Community

The Elizabeth Portuguese Lions Club will host a Thanksgiving Luncheon for the needy at St. Patrick's Church Hall in Elizabeth from 12:00 p.m. - 2:00 p.m. For more info call 908-587-1101.

The Student Volunteer Center at Bloomfield College invites the public to participate in a holiday food drive. Drop off non-perishable food items in the bins located in the Office of Career Services, 12 Austin Place or at 185 Liberty St. in Bloomfield. For info call 973-748-9000 ext. 132.

From October 1, 2002 through May 1, 2003, tenants in unheated apartments can complain to the "No Heat Hotline." Call 973-733-6471 for more info.

Community movie day "Bargain Tuesdays" at Newark's Screens: On Springfield Ave. See two movies for the price of one. 1:00 p.m. - 6:00 p.m. tickets (adults for children), \$4.00, 6:00 p.m. till closing two adults, \$7.00 and two children's tickets, \$4.00. For more info call 973-642-5555 or 973-642-4708.

In celebration of Fire Prevention month, fire officials and firefighters and experts will be on-hand to deliver fire safety and prevention tips to residents. For more info call 973-733-7446.

THURSDAY, DECEMBER 12

Newark — The Jersey Battered Women's Shelter will host a holiday toy drive for needy children at an installation luncheon at Newark Airport Marriott. For more info call 973-571-9701.

Business

ONGOING

The IRS is seeking volunteers for its Volunteer Income Tax Assistance (VITA) and tax Counseling for the Elderly (TCE) program throughout New Jersey. For more info call 973-645-3853.

MONDAY, DECEMBER 2

Newark — NJIT will host a public forum to discuss the key objectives stakeholders should pursue over the next several years. Forum will be held in Hazell Center Ballroom. Visit <http://www.njit.edu/University/Directions.html> for more info.

TUESDAY, DECEMBER 3

New Brunswick — The New Jersey State Bar Foundation will host a free seminar on automobile insurance from 7:00 - 9:00 p.m. at the New Jersey Law Center, One Constitution Square. For more info call 732-249-5000.

Newark — Newark Regional Business Partnership will host its annual meeting and holiday reception at the Gateway Hilton on Raymond Blvd from 5:15 p.m. - 7:30 p.m. For more info call 973-242-4203.

THURSDAY, DECEMBER 5

New Brunswick — New Jersey Economic Development Authority will host a program to help businesses meet their client's financial needs and provide affordable financial assistance for businesses of all sizes. For more info call 609-292-0181.

FRIDAY, DECEMBER 6

Newark — NJIT Procurement Center will host a free workshop for small business on how to do business with the federal & state government for 10:00 a.m. - 1:00 p.m. at NJIT. For more info call 973-596-3105.

TUESDAY, DECEMBER 10

New Brunswick — The NJ Chamber of Commerce will hold its board meeting at 3:30 p.m. and a reception will follow at 6:00 p.m. Location: TBA. For info call 609-989-7888.

WEDNESDAY, DECEMBER 11

Newark — The next meeting in the Newark Public Schools Business Opportunity Program Series will take place from 3:00 p.m. to 6:00 p.m. at 200 Washington Street. For more information call 973-733-7338.

Jamesburg — NJ Chamber of Commerce will host an issues breakfast with state Education Commissioner William L. Librera at Forsgate Country Club from 8:30 a.m. - 10:00 a.m. For fees and info call 609-989-7888.

Trenton — Pathfinder Consulting Group will hold a MEGA JOB FAIR at the Sovereign Bank Arena from 10:00 a.m. - 2:00 p.m. For more info call 609-656-3200.

Heartbeat

ONGOING

Newark Beth Israel Medical Center offers individuals with arthritis and their families programs that offer proper exercise techniques and other strategies for decreasing pain. For more info call 973-923-2348.

Newark Beth Israel Medical Center offers health education and counseling for adolescents at 4:00 p.m. in the Family Health Center. For more info call 973-923-2348.

Clara Maass Medical Center offers adult CPR pediatric courses. For



WEDNESDAY NOVEMBER 27 — New Jersey Performing Arts presents India.Arie in concert. India.Arie is promoting her new CD 'Voyage to India'. For more info and ticket info call NJPAC box office at 1-800-GO-NJPAC.

more info and to register call 973-450-2709.

Every Monday and Friday, Union Hospital offers free blood drives at 3:00 p.m. For more info call 1-480-BLOOD-NJ.

Every Thursday, Irvington General Hospital offers free support groups for gay men with HIV/AIDS at 12:00 p.m. For more info call 973-275-0210.

Every Friday, Irvington General Hospital offers free support groups for women and men with HIV/AIDS at 10:00 a.m. For more info call 973-275-0210.

MONDAY, DECEMBER 2

New Brunswick — The New Jersey State Bar Foundation will present a free public seminar on navigating through the "Medicare-Medicaid Maze" from 1:00 - 3:00 p.m. at the New Jersey Law Center. For more info call 1-800-FREE-LAW.

THURSDAY, DECEMBER 5

Newark — The Boys & Girls Clubs of Newark will host the 16th Wine Tasting Benefit in the Engelhard Court of the Newark Museum. For more info and tickets call 973-242-1200.

SATURDAY, DECEMBER 7

Paterson — Kujichagulia Bookstore will host an HIV/AIDS gospel benefit at 1:00 p.m. in the theatre of Passaic County Community College. Ticket donation is only \$10.00. On Friday, December 6 at 5:30 p.m., a HIV/AIDS awareness kick-off will also be held at Kujichagulia with author and HIV survivor, Conscious. For more info call 973-278-0919.

SUNDAY, DECEMBER 8

East Rutherford — The Boys & Girls Clubs of Newark will host an annual Christmas party for its members at the NJ Nets Champion Center. For more info call 973-242-1200.

WEDNESDAY, DECEMBER 4

Morristown — The Community Theatre presents performances by African Presents: Steve Green at 8:00 p.m. For more info call 973-539-8008.

THURSDAY, DECEMBER 5

Morristown — The Community Theatre presents Detroit's Joyous Voices Band and Choir in Oh Holy Night: A Gospel Christmas at 8:00 p.m. For more info call 973-539-8008.

FRIDAY, DEC 6, SAT DEC 7

New York — The Schomburg Center for Research in Black Culture will present Nativity: A Life Story starring Stephanie Mills, BeBe Winans and Phylicia Rashad at 8:00 p.m. at The United Palace Theatre, 175th St & Broadway. For more info and times for Saturdays show, call 212-491-2206.

Religion

ONGOING ON THURSDAYS

Newark — The Network of Christian Men, Inc., in cooperation with the Newark Literacy Campaign, Inc., seeks male and female volunteers to tutor adults, from 6:30 p.m. - 8:00 p.m. To become a tutor, or to receive tutoring contact Isaac Thomas, Jr., at 973-371-9741, or Stanley Crawford at 973-623-4001.

Newark — Women with a Vision Ministries, Inc., is accepting donations of used coats and a new wrapped toy for their Christmas drive from now until Saturday, December 14. To arranged a pick-up call 973-374-6000.

TUESDAY, DECEMBER 3

Newark — The Ministry of Hope and Healing from Loss, Grief and Bereavement support group offers a session on "Pain and Anxiety, Guilt and Anger" from 6:00 p.m. - 7:15 p.m. at St. James A.M.E. Church. For info call 973-622-1344, ext. 30.

Newark — Governor McGreevey, Naomi Huntley, and the Fein family will be honored at the Awards for Excellence Dinner, to benefit the St. James Preparatory School, beginning at 6:30 p.m. at the National Newark Building, Mezzanine Ballroom, 744 Broad Street. For reservations call Delores Johnson, 973-622-1344, ext. 18.

Mail your calendar events and photographs at least two weeks in advance to:

City News Publishing
111 Mulberry St., TH-C
Newark, NJ 07102 or
Fax to: 973-642-5444

Artz

The Holiday Light Spectacular at PNC Bank Arts Center is open from November 22 through January 1 2003. Come see the dazzling display Sunday-Thursday from 5:00 - 10:00 p.m.

Newark — African Globe presents Music Lab every Friday through Dec. 20th at 7:00 p.m. with special guest DJ's. For more info and to audition, call 973-624-1584.

Newark — NJPAC & WBGO presents Jazz for Teens. Classes will be held on Saturdays from 10:00 a.m. - 4:00 p.m. at the Lucent Technologies Center for Arts Education, located at 24 Recto St. All students will perform at the final concert in Victoria Theater on May 17, 2003.

WEDNESDAY, NOVEMBER 27

Newark — The Bridge Club, 343 Washington St. will present an evening of poetry & music hosted by Ras Baraka and Juba Dowdell from 7:00 p.m. until. For more info call 973-495-0757.

WED, NOV 27 - DEC 1

Newark — African Globe Theatreworks presents a play entitled "Amen Corner: A Gospel Musical" on the 2nd fl. in Newark Symphony Hall. For more info call 973-624-1584.

NOVEMBER 29, 30, SUN DEC 1

Newark — NJPAC will present Sam Art Williams's Tony Award nominated play "Home". For more ticket and show-time, call 1-888-GO-NJPAC.

Briefs

NJ gears up to fight NYC commuter tax

TRENTON — The state Assembly has fired a warning shot in an emerging tax war with New York, passing legislation urging New York's State Legislature and Governor to reject a proposed wage tax on New Jersey residents who work in New York City. New York lawmakers doubt that the commuter tax will pass.

Public advocate bill passed by senate panel

TRENTON — The Senate State Government Committee recently released substitute legislation reestablishing the Public Advocate department and elevating it to a cabinet-level position. Under the bill most of the advocacy functions previously performed would be restored. The Public Defender, however — which was once a division of the Public Advocate — would remain as a separate office. The bill would also establish a Division of Child Advocacy.

First Data Western Union seeks blacks

The First Data Western Union Foundation is encouraging African American to take advantage of its scholarship and grant opportunities. For guidelines log on to www.firstdatawesternunion.org. The application deadline is December 1, 2002.

NY and NJ form fugitive task force

Gov. James E. McGreevey has announced an initiative to combine law enforcement resources with the state of New York to attack criminal activities throughout New Jersey. The task force includes more than 50 federal, state, county and local law enforcement officers.

NJ passes 'smart gun' legislation

The General Assembly passed the 'smart gun' ban last week. Under the law, once the required technology is in place, all existing firearm would be banned.

NJ and NY join to catch "most wanted"

Gov. James E. McGreevey has announced an initiative to combine law enforcement resources with the state of New York to attack criminal activities throughout New Jersey. The task force includes more than 50 federal, state, county and local law enforcement officers.

U.S. tags Horn of Africa as a war staging area

CONTINUED FROM PAGE 1

along the coast who are vociferously opposed to the Bush regime and their own government's support for him. They charge that the war on terrorism is a pretext for persecuting Muslims and that Bush is the real terrorist, because of U.S. policy towards Palestine. Similarly, in Yemen, currently the focus of U.S. operations, Osama bin Laden, who allegedly masterminded the Sept. 11 terrorist attacks on New York and Washington, has more popular support than Bush. Yemen,

bin Laden's ancestral home, has long been a base for al-Qaeda.

Intelligence reports say al-Qaeda has decentralized its operations around the globe, making it difficult to launch conventional military offensives against the illusive organization. This is good news for Somalia, which has lived in fear of U.S. missile attacks for the last year. One of the reasons the U.S. sees Somalia as a potential haven for al-Qaeda is because it has been without a central government since 1991.

It also alleges links between al-Qaeda and a group called al-Itihaad al-Islamiya, which means Islamic Unity. The U.S. believes Al-Itihaad allowed al-Qaeda to train in Somalia before the August 1998 twin attacks on the U.S. embassies in Kenya and Tanzania. The U.S. has sent reconnaissance missions to Somali to investigate but has not come up with any evidence of terrorist operations.

Somali leaders have been anxious to reassure the United States that their country is not a

terrorist haven. One of the main points on a cease-fire recently signed by Somali leaders negotiating in neighboring Kenya was a commitment to fight terrorism. Despite its suspicions, the United States will be wary of taking any rash moves against Somalia that could jeopardize the ongoing peace talks.

"Somalia has been on their terrorist books for a long time," says Hassouna. "But they will not want to destroy peace in the region."



Manhattan, Dec. 2002

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to pay a fee for every check I write. There are no monthly fees, whatever my balance is and no direct deposit requirements, and I get a Washington Mutual Visa® Check Card. The best part is, the people at this bank know what they're doing. They should. They've been a part of a family of companies that's been around since 1889. Hey, if you're tired of all the monthly fees, it's time you went shopping too—for a new bank! Switch to Washington Mutual."



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OUR YOUTH AT RISK
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No More Baby's Mama Drama

Is Your Child At
Risk for Drugs?

HIV/AIDS
Growing Amongst
Black Teens

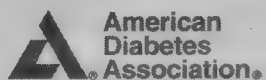
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1 - 8 8 8 - D I A B E T E S

AMERICA'S
WALK
FOR
DIABETES

Our Children are at Risk!

At risk of what you might ask? At risk of being a parent before they are mature enough to handle the responsibility. They are at risk of being a victim of violence, intended victims, unintentional victims, random victims. It's all the same, our children are at risk of dying before they reach adulthood. Many black children suffer more from asthma, allergies, colds and the flu than children of other races. Black children are not properly immunized, leaving them as targets for preventable but deadly childhood diseases. And even more threatening is the risk of contracting a disease like HIV, AIDS or Hepatitis B, for which there is no cure and death is likely.

Our children are at risk of not excelling in school, not finishing school, not going to college. They are at risk of running into a dead-end at a very early age. Many are slaves to the music and television that robs them of their innocence, and influences them in an unsavory manner. Cartoons and video games have replaced Little League, and Pee Wee football. Why play for real when you can do it on the TV Screen? We not only condone this behavior, we encourage it by purchasing these things. African-Americans out pace the general population index high on electronic game units and big color televisions to go with them. Our children are at risk of improper nutrition, insufficient sleep, lack of exercise and obesity. Consequently they have a higher risk of suffering a lifetime of illness. Their sedentary behavior is costing lives.

It used to be cute to see the heavy boy. We called him "husky". Our aunts pinched his chubby cheeks and proclaimed "he's so cute." Then our uncles followed by saying: "what you been feeding this boy?" Everyone laughed. Everyone, except the boy. He walked away feeling bad about himself. He began to see himself as the "fat boy" and ate even more to quiet the pain. He stopped playing outside with his friends because he couldn't keep up. He couldn't run as fast. He didn't want to take off his shirt to jump in the pool. He stayed inside and watched Gilligan's Island, ate potato chips, drank glasses of soda, and just got bigger and bigger. He carried the same destructive eating

habits into adulthood, consuming the wrong foods know today as "comfort foods." He is a grown man now, overweight and suffering from high blood pressure and diabetes. His cholesterol is soaring and he is heading at breakneck speed for an early heart attack. To make matters worse, he married a woman, just like his mother, who comforts herself as well with food. Their children learn this behavior, and the cycle repeats itself.

Unfortunately, we all know someone who suffers from this disorder. According to the Centers for Disease Control and Prevention, our partner for this important issue, Black children suffer at a higher rate from obesity than their white counterpart; and the number has reached an epidemic proportion. What is really going on? Why are we allowing our lifestyles and outside influences to incapacitate and kill our children? Why are we letting this happen to the children who we are supposed to love and protect? And more importantly, what can we do to correct it? Children do not have the power to change the circumstances themselves. Their future is our responsibility. As parents we must be held accountable for the well-being of our children, along with the educators, physical education instructors, healthcare professionals, law enforcement professionals and our religious leaders.

In this issue of *LifeLines* we focus on the risks our children face everyday, and provide information that can help you lower the risk of your child becoming a victim of a disease or a bullet! If my words are crass, that's because, in addition to being the publisher, I am first and foremost a mother of two beautiful children. According to almost every statistic, if I am not vigilant about this, they, too, will be at risk. As a parent, I make the difference in what will happen to them in their development, health, and welfare. It is my responsibility, and I take



it seriously. I am concerned for our children. As Americans, we promise them the opportunity for life, liberty, justice and the pursuit of happiness. It begins at home. Our children are at battle everyday in the war for their lives. We must do a better job in providing for them and preparing them for their futures. We must make it our priority to protect their health and well being. Weak, mentally incompetent, diseased or dead children cannot usher in a future. So get onboard and get with the program. As Marvin Gaye said, "SAVE THE CHILDREN ... save the babies."

Thank you to the Centers for Disease Control and Prevention, for partnering with us to produce this issue. Please share this information with your children. Use it, and change their lives!

To your child's good health,

Cheryl Mainor
Publisher

Lifelines

MAGAZINE

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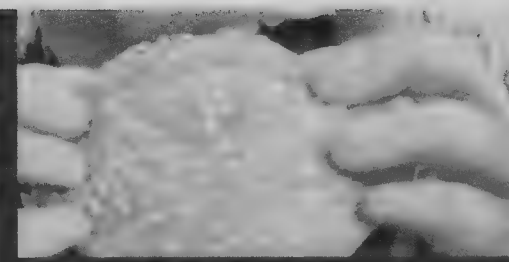
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Lifelines:

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Obesity in Children: Larger than life



Dr. Christine Wood, M.D.

A worldwide epidemic of childhood obesity is occurring. The rate of childhood obesity has doubled in the last 10 years, especially among minority children, and in particular, Black children. These obese children will most likely become obese adults and carry all the extra risks for diseases such as heart attacks, strokes, high blood pressure, and diabetes.

Despite the fact that most parents understand what comprises healthy eating habits, we must not be following those guidelines too closely.

Depending on how obesity is defined in children, at least 11 percent of children in the United States and as many as 25 percent of adolescents are overweight. Sadly, 13 percent of children ages 6 through 11 and 14 percent of adolescents ages 12 through 19 in the U.S. were overweight in 1999. The prevalence of obesity in children and adults in the United States has increased by more than 30 percent over the past decade. Recent statistics from the National Institute of Health in 1998 show that 54 percent, that is 97 million, adult Americans over the age of 20 are obese.

There is a growing concern among health professionals about the impact of obesity in childhood and the health of our future generations. As children approach late childhood and adolescence, it becomes more difficult to change eating styles and becomes more difficult to shed unwanted pounds. Therefore, it is important to develop your child's eating habits early.

There are many trends that have occurred in the United States and in many other societies throughout the world that contribute to increasing our rates of obesity. Even societies which have traditionally not had much problems with obesity, like Japan, are now seeing a rise in this pattern due to the influence of the modern social behavior which includes 'fast foods diet,' processed foods, high crime rate, and sedentary behavior. 

Trends are occurring that affect the health of our children. These include:

High-calorie, high-fat, ready-made foods are available and desired by children and adults. A hundred years ago, when fresh, locally-grown foods were all that were available, people had few choices of what to eat. Now with an overwhelming number of items available, it seems easy to snack on non-nutritional foods like chips, crackers and cookies instead of fresh foods. Our society appears to be going through a palate change that desires more processed food choices.

Despite all the knowledge of the health benefits of regular exercise, our children are not necessarily receiving those benefits. Only about 36 percent of children participate in physical activity in school on a daily basis. Of students in grades nine through twelve, only half reported being enrolled in physical education classes.

Television viewing, video games, and computers have become sedentary options for our children. Some researchers have found a strong correlation between the time spent watching television and being overweight. The 1990 Youth Risk Behavior Survey showed that more than 70 percent of students in grades nine through twelve watched at least one hour of television and 35 percent watched three or more hours of television each school day. The average American watches three hours and 43 minutes of television each day, according to a Nielsen Media Research study. This adds up to 56 days of nonstop TV per year!

Concerns with violence in our society have allowed our children to become more sedentary, especially among the urban areas of the country. Children must come home and stay indoors after school because of fear of violence outside the home.

The impact

It has been estimated that a poor diet and lack of activity contribute to about 300,000 preventable deaths in the United States, or about 1,000 deaths per day. This is second only to smoking-related deaths.

Overweight children have a higher rate of developing asthma. The rate of new asthmatics was more than double in children in the highest 20 percent of body mass index.

Obese children have a high risk of becoming obese adults with the increased risk of developing chronic diseases such as diabetes, cardiovascular diseases (heart attacks, strokes, high blood pressure), increased cholesterol and triglycerides, and certain types of cancer.

Being overweight accelerates the aging process and reduces longevity.

There is a rising incidence of adolescents being diagnosed with adult-type diseases, like hypertension and adult-onset diabetes.

Obese children face significant negative psychosocial consequences, like discrimination from their peers and low self-esteem.

The economic health care related costs of obesity have been estimated to be around \$69 billion in 1990. This represents about eight percent of total health care costs.

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Nutrition in Children: In face of The Changing Trends



By Misha Eichner

Survival of the fittest has never been more serious than it is now. We are at war for our well being and the health of our children. There is a constant battle going on in the homes of many families, and this war has to do with food choices. If a child's diet is filled with unhealthy food choices, lacks fruits and vegetables, or does not come close to reaching the recommended calcium requirements it is recommended that a drastic change be implemented immediately by adding fresh fruits and vegetables to the child's diet. Raisins, strawberries, apple slices and a mix of dried fruits and nuts are recommended to replace processed food snacks.

Trends have changed drastically over the last several decades, and these trends have changed the type of health problems our children face. Health officials are worried about the future of our children. Concerns that are being raised include:

Poor Eating Habits

Poor eating habits evident in our children. A study from the Journal of Pediatrics surveyed 3,307 children, two to 19 years of age in the United States. Only one percent, that is 33 children, met all recommendations for the Food Pyramid Guide. Those that met all recommendations had nutrient intakes above the recommended dietary allowances and their diet was generally too high in fat.

Fast Food

Our children are growing up in a fast-food world, and they are being marketed to by advertisers with many unhealthy food choices. The truth is that most children are not getting the nutrition they need brought up on this diet type empty of nutrition.

Cancer

Cancer is on the rise in children more than ever before. Federal health experts have concerns about why cancer rates are on the rise in children. There are about 8,000 new cases of cancer in children under 15 years of age each year in the United States. Childhood

cancer has risen steadily over the last 15 years. Acute lymphocyte leukemia is up 10 percent and brain tumors are up more than 30 percent in the last 15 years. Cancer has become the leading cause of death due to disease among children.

Allergies and Asthma

Allergies and asthma now affect millions of children. Statistics from 1994 from the Center for Disease Control found that asthma affects nearly 14 million Americans. Almost five million of these asthmatics are children. Asthma is the most prevalent chronic condition among children. Allergic rhinitis, commonly known as hay fever, affects 26 million Americans. The role of air pollution and other toxins have been implicated in contributing to this rise in allergies and asthma.

Environmental Toxins and Unsafe Food

Exposure to environmental toxins and unsafe food is on the rise daily. Experts have concerns about the hazards of various toxins on the health of children because we do not really know what that safety level is for children. The contamination of food has become an issue as the media brings attention to cases of Salmonella, E.coli, and hepatitis transmitted via unsafe foods.

Obesity

A worldwide epidemic of childhood obesity is occurring. The rate of childhood obesity has doubled in the last 10 years.

Nutrition From the Start

As a parent(s) you set the tone for your child's dietary habits. Practicing good nutrition by preparing healthy meals and teaching your child what to eat and what not to eat by not serving junk foods and fatty filled empty caloric fast foods can help to raise a healthy child and save his or her life. As the primary provider you are the role model whose habits your

Five things you can do to have a healthier child!

- 1 Serve them 5 servings of fruits and vegetables a day. If the child is 2 to 3 years old, one serving is 1/4 cup. If he/she is 4 to 5 years old, one serving is 1/2 cup....show your child how much is a 1/4 or a 1/2 cup so that they can measure their favorite fruit or vegetable to eat when you're not around.
- 2 Teach your child to note how many different colors of fruits and vegetables he/she can eat in one day....have them make a color chart to show how many colors they eat every day.
- 3 Teach them to select smart snacks to make their brain smarter....here is a list of some smart snacks - raisins, dried fruit, yogurt, any fruits or vegetables, pretzels, graham crackers. Allow them to come up with some more healthy snack foods they like. Try Stretch Island fruit leathers (available at health food stores) for a healthy fruit idea and instead of the fruit roll-ups with more sugar.
- 4 Direct your child to drink less juice and more water....water is a healthy drink.
- 5 Organize other activities to steer your child away from the any TV for a day and have them do something fun and run around outside....of course, with your permission and adequate supervision. As apparent you may want to turn off the TV, too. At night, take turns with your child(ren) and think of a family game you can play rather than television.

child will adopt. So it's a good time for you to adjust and correct your diet so that it might reflect a healthy and nutritional diet plan. Good health begins with the gestation period while your child is in the womb growing. Continue those good habits and your child will be on the road to a well balanced healthy existence. Remember that you are the first influence in your child's life. Like the mother robin who feeds her babies worms and then teaches them how to hunt them, you are the teacher, mentor and role model for your child's well being and quality of life. ☑

BACTERIAL VAGINOSIS

Symptoms: a heavy and unusual grayish frothy vaginal discharge that may have an unpleasant odor. Vaginal irritations may occur usually due to another infection.

Spread: is contracted through vaginal intercourse.

Diagnosis: is made by microscopic examination of vaginal discharge.

Treatment: both partners take antibiotics orally.

CANDIDIASIS OR MONILIAL VAGINITIS (YEAST INFECTION)

Symptoms: a thick white vaginal discharge; irritation or itching of the vulva, penis, or testicles; a yeasty odor; and sometimes, a bloated discomfort and change in bowel habits.

Spread: is contracted through vaginal, anal and oral intercourse

Diagnosis: is made by microscopic examination of vaginal discharge and laboratory culture.

Treatment: both partners take antibacterial creams, ointments, or suppositories. Prepared vinegar and water douches may offer help.

* *When yeast appears in the mouth, throat, or tongue, it is called "thrush".*

CHANCROID

Symptoms: the first symptom is a small boil or ulcer, usually located on the genitals, that doesn't heal normally. The chancroid becomes an open sore, sometimes painful, more frequently for men than women. If left untreated, it can infect glands located in the groin.

Spread: is contracted through vaginal, anal and oral intercourse

Diagnosis: is made by examination of the sore and by microscopic examination of its discharge.

Treatment: take antibiotics orally

CHLAMYDIA

Symptoms: a discharge from penis or vagina, burning during urination, increased urination, excessive bleeding from vagina, abdominal pain, nausea, fever, arthritis, or painful intercourse for women.*

Spread: is contracted through vaginal, and anal intercourse, from the birth canal to newborn, and rarely from the hand to eye.

Diagnosis: is made by microscopic examination of tissue samples and is often difficult to depict.

Treatment: follow in detail prescribed treatment using tetracycline

STDs

SEXUALLY TRANSMITTED DISEASES

Let's face it our teenage sons and daughters are indulging in sexual intercourse. And although an active sex life is normal and healthy, but there are more than 30 STDs that can complicate you and your child's life. It's unfortunate that sex is not reserved for the emotional mature only. So we have to take measures to practice precaution and safe sex. An informed teen is better than an ignorant uninformed one. One out of four Americans between the ages of 15 and 55 will catch one or more Sexually Transmitted Diseases (STDs). So if you're sexually active you have good reason to be concerned.

Many STDs frequently have no symptoms resulting in millions of people who don't realize that they're infected until serious or often permanent damage has occurred. To protect yourself from syphilis, HIV and other STDs you should practice safer sex by using a condom when engaging in sexual intercourse. If you suspect that you or your partner have contracted an STD, see a doctor or clinician right away.

* *Women usually don't have any symptoms until damage is done or partner is diagnosed with the disease. Chlamydia can cause sterility. In women, it infects the cervix, ovaries, fallopian tubes and the urethra. Also it can cause bladder and serious pelvis inflammatory disease (PID) often with few symptoms.*

CRABS (CRAB LOUSE) AND PUBIC LICE

Symptoms: intense itching in the pubic area caused by the sucking and biting of the bugs.

Spread: sexual or close personal contact; exchange of undergarments, bedding, clothing, and on toilet seats.

Diagnosis: self examination since the pubic lice can be seen with naked eye or with magnify glass. They look like tiny crabs.

Treatment: eliminated by the powders, sprays containing certain chemicals under a doctors supervision even though over the counter medications can be used.

CYTOMEGALOVIRUS(CMV)

Symptoms: infections caused by CMV often have no symptoms. When they do occur they include swollen glands, fatigue, irritations of digestive tract, nausea,

diarrhea and loss of vision

Spread: sexual contact or close personal contact, blood transfusions, shared needles or from a woman to her fetus, and through breast-feeding causing serious damage to infants central nervous system

Diagnosis: a blood test

Treatment: there is no successful treatment or cure

GENITAL WARTS

Symptoms: warts on the genitals, in the urethra, the anus, and less frequently in the throat. They are not always visible; soft to the touch and appear as miniature cauliflower florets.

Spread: is contracted through vaginal, anal and oral intercourse.

Diagnosis: observed by a doctor's examination or clinician during a physical exam.

Treatment: they can be removed surgically, with acid, by freezing, or with electric needles and with medication which must be carefully applied only to the wart because it is irritating surrounding skin.

GONORRHEA

Symptoms: in women frequent, often burning urination; pelvic pain; green or yellowish discharge from the vagina; swelling or tenderness of the vulva; and arthritic pain or pain in the shoulder. In men, a pus-like discharge from the urethra or painful urination.

Spread: is contracted through vaginal, anal and oral intercourse.

Diagnosis: microscopic examination of urethral or vaginal discharges and by cultures taken from the cervix, throat, urethra or rectum.

Treatment: sulfa drugs, penicillin, and other antibiotics are effective in curing gonorrhea, but many strains are penicillin-resistant and require other antibiotics.

* *it can cause sterility, arthritis, heart problems, and disorders of the nervous system and PID in women resulting in ectopic pregnancy or infertility.*

HEPATITIS-B

Symptoms: extreme fatigue, headache, fever, nausea, vomiting, lack of appetite, dark urine, light-colored stools, tenderness in lower abdomen, yellow jaundicing of skin and white of eye.

Spread: is more contagious than HIV and may be transmitted through intimate and sexual contact, from kissing, to vaginal, anal, and oral intercourse as well as shared or unclean needles of IV drug use and drug transfusions.

Diagnosis: done by physical examination and blood testing.

Treatment: there is no direct medical treatment for the disease in adults. There is a protective vaccine available for the sexual or intimate partners of those who have hepatitis.

* *Babies born with hepatitis who are treated within an hour of birth can be cured.*

HERPES

Symptoms: a recurring rash of red patches with clusters of white, blistery sores appearing on vagina, cervix, penis, mouth, anus, or anywhere else the virus may have entered the body. Other symptoms include: pain, discomfort around infected area, itching, burning sensations during urination, swollen glands in groin, fever, headache and a general run-down feeling.

Spread: may be spread by simple touching, sexual intimacy (including kissing), vaginal, anal, and oral intercourse. It may be passed on from one partner to another, whenever contact is made with an active herpes virus. It is most contagious from the time sores are present until the sores are completely healed and scabs

have fallen off. Some carriers are contagious when virus is inactive. Mucus membranes of the mouth, anus, vagina, penis and eyes are susceptible to infection.

Diagnosis: made by examination of sores or by laboratory culturing fluid samples taken from the sores done by a doctor

Treatment: There is no cure. An antiviral drug is available that helps hasten the healing of sores, decrease the duration of symptoms and diminish viral contagion.

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

Symptoms: HIV may show no symptoms for up to 10 years after which the symptoms include: constant or rapid, unexplained weight loss; persistent fevers; night sweats; dry cough; diarrhea; extreme fatigue; lightheadedness; headaches; mental disorders; loss of appetite; thrush; or hard purplish growths/lesions on the skin. Spread: is spread through blood, semen, and vaginal fluids by anal, vaginal, and oral intercourse; shared contaminated needles; by blood transfusion; from a woman to her fetus during pregnancy; and through breast feeding. Diagnosis: by blood tests. Treatment: there is no cure for an HIV infection which can lead to AIDS. HIV has many implications yet to be fully understood.

MOLLUSCUM CONTAGIOSUM

Symptoms: small, pinkish-white, waxy-looking, polyp-like growth in the genital area or on the thighs.

Spread: is spread by sexual intercourse or other intimate contact.

Diagnosis: made by microscopic examination of tissue taken from sore.

Treatment: removal of growths with chemicals, electrical current or freezing is successful.

PELVIC INFLAMMATORY DISEASE (PID)

Symptoms: fever, nausea, vomiting, chills, pain in lower abdomen, pain during intercourse, spotting and pain between menstrual periods, painful urination, heavy bleeding or discharge, blood clots during menses, unusually long and painful menstrual cycles, unusual discharge.

Spread: through sexual intercourse

Diagnosis: is difficult if patients are embarrassed to discuss with doctor.

Treatment: depicted early, antibiotics, bed rest and sexual abstinence can cure it. Surgery may be required to remove abscesses or scar tissue and/or to repair reproductive organs.

* Treated or untreated, PID can lead to infertility, ectopic pregnancy, and chronic pain.

SCABIES

Symptoms: a rash appears in small curling lines, especially on male genitals, between the fingers, buttocks, breasts, wrist, thighs and underarms.

Spread: Scabies is not always an STD because it can be passed on by close personal contact; bedding, clothing, towels etc.

Diagnosis: this mite can hardly be seen with naked eye. A doctor's supervision is always helpful for initial identification.

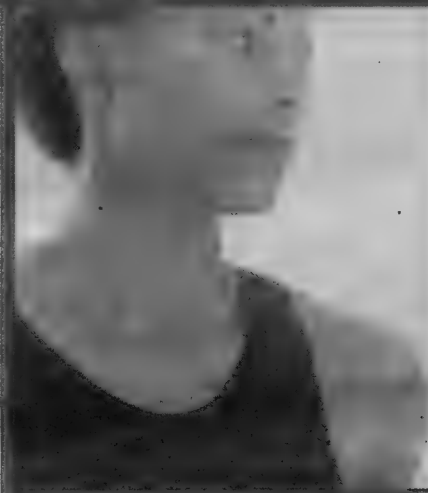
Treatment: bathe and thoroughly treat with repeated applications of over the counter medications from neck to toe.

SYPHILIS

Symptoms: no signs for three weeks to three months after contracting it. After which the first sign is a chancre sore on the genitals, in the vagina, on the cervix, lips, mouth, or anus which last from three to five weeks; headaches, muscle pains in the arms or legs; hair loss; loss of appetite; nausea, constipation; fever; and rashes. Most of the time it has no symptoms. Spread: is passed on from one person to another through vaginal and anal intercourse, kissing, and oral/genital contact.

Diagnosis: by microscopic examination if sores are present otherwise blood tests are very important. In some case spinal fluid may be examined.

Treatment: penicillin and other antibiotics can effectively treat the infected.



TRICHOMONIASIS

Symptoms: Oftentimes there are no symptoms in both men or women. Those women that do show signs experience a frothy, often musty-smelling discharge and itching in and around the vagina. There may be blood spotting in the discharge and swelling in the groin; and increased urge to urinate.

Spread: by vaginal intercourse.

Diagnosis: by microscopic examination of vaginal discharge.

Treatment: antibiotics can effectively treat "trich".

VAGINITIS

Symptoms: include a burning or itching sensation of the vulva; an abnormal vaginal discharge, sometimes tinged with blood; or an unpleasant odor.

Spread: may be spread by vaginal intercourse but not necessarily and can be carried by men.

Diagnosis: by a pelvic exam and microscopic examination of vaginal discharge.

Treatment: treatments vary with varying prescribed antibiotics.

One out of four
Americans between
the ages of 15 and 55
will catch one or more
Sexually Transmitted
Diseases (STDs).

HIV, STDs Rank First Among Concerns for Teens, Parents

Clearly it's safe to say that communication is key in securing a future for our children. Yet it seems we "Baby boomers" have not learned from our own failure to communicate with our parents, thus coining the phrase "Generation Gap." Profiling 687 high school students and 405 parents, a recent survey co-sponsored by the Liberty Mutual Group and Students Against Destructive Decisions/Students Against Drunk Driving, charts the pressures and risks teens confront and documents their actual behaviors, while concurrently surveying parents to measure the gap between what teens do and what their parents think they do.

According to USA Today the survey reports that teens and their parents may differ on issues of concern for the U.S. teenage population. However, both groups agree that their biggest fears are HIV and STDs. That's the good news. But that is where the similarities end. The survey results discern significant differences in perception of risks between parents and teens. In particular, parents ranked casual sex as fifth among 26 main concerns, while teens ranked it 12th. Parents altogether missed "teens' serious alarm about life-and-death issues," as teens listed teen suicide as their fifth top concern, and parents considered it to be 17th. On issues of unsafe behavior, the surveys also reveal a "considerable gap" between parents and teens, especially in their perceptions of safety-belt wearing when driving, alcohol consumption and drunk-driving. This failure to communicate with our children is a major breakdown in matters concerning their overall well being. Teen pregnancy, however, remains a common concern for both groups, with teens placing it as third among their top fears and parents listing it as a close fourth. Communication also remains a point of contention between parents and teens, as an overwhelming majority (98%) of parents believe they discuss these issues with their kids, while only 76% of teens agree that these discussions occur. Parents should note that their child's perception is their child's reality. Therefore, take time to ask your child if they feel these topics have been adequately discussed.

Reference: Kaiser Daily HIV/AIDS Report

African Americans have been disproportionately affected by HIV/AIDS since the epidemic's beginning. Therefore, it's not surprising that in 2000 more African Americans were reported with AIDS, and estimated to be living with AIDS, than any other racial or ethnic group in the United States. Although African Americans represent approximately 12% of the U.S. population, we now account for an estimated 54% of new HIV infections and 47% of new AIDS cases. The AIDS case rate (per 100,000) among African Americans is more than eight times that of whites,

and more than twice the rate for Latinos. Moreover, AIDS is now the leading cause of death for African Americans between the ages of 25 and 44.

HIV/AIDS Infected Subgroups by Percentage

The breakdown of the particular subgroups affected within our community is alarming. Although African-American women represent only 13% of the U.S. female population, we account for almost two-thirds (63%) of AIDS cases reported among women in 2000. African American teens represented 15% of the teen population, yet

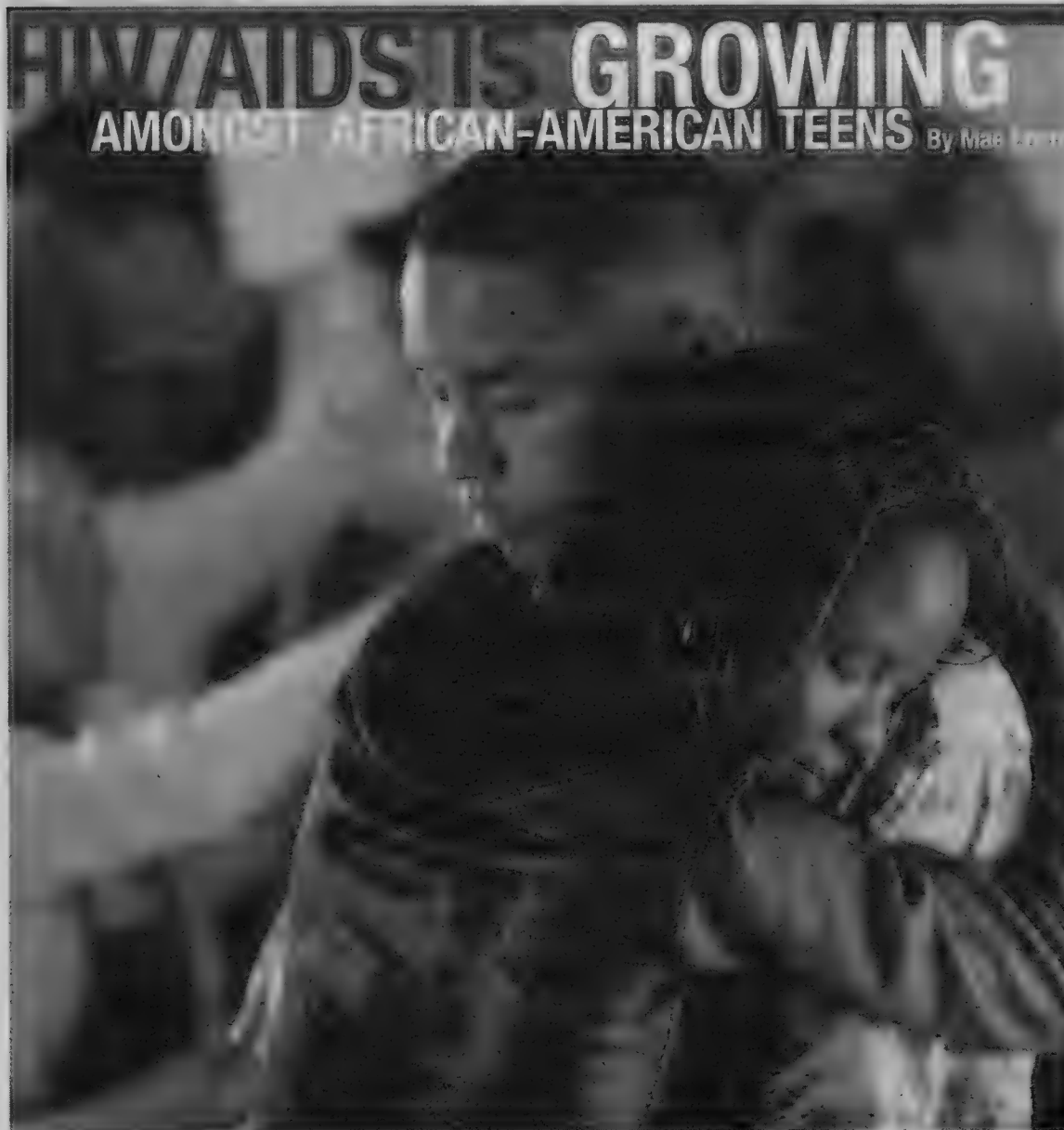
comprise 64% of new AIDS cases reported among 13-19 year olds in 2000. Our children are dying. As parents we are not on top of our job. We are not talking to our children about HIV/AIDS. In addition, in a recent multi-city study of young men who have sex with men (MSM), HIV prevalence (the proportion of people living with HIV in a population) for young African Americans was 14.1%, compared to 3.3% for whites.

Interestingly, African Americans view AIDS as the number one health problem facing the nation and the world. That's a good thing. Forty-one percent of African Americans say that AIDS is a more urgent problem for our local community today than whites view AIDS—perhaps a reflection of the disproportionate impact of the epidemic in our community. This is partially due to the majority of African Americans (57%)—more than whites (42%) or Latinos (38%)—saying they have known someone who has died of AIDS, with more than four in ten stating that the deaths occurred just a few years ago.

HIV Is Killing Teens

The bad news is that teens are missing the message about AIDS. A new study shows that young people are contracting HIV faster than any other group. Today, an estimated half of all new HIV infections in the U.S. occur among young people under the age of 25; and African American teens have been disproportionately affected. Another news flash: the infection is growing fastest among young straight women, ages 13 to 19. Published by the Center for AIDS Prevention Studies at the University of California, the study reveals that most of these girls contracted the virus by having unprotected sex, often with older guys. Of all AIDS cases among teens, girls now make up 46 percent of them, according to the report. The reasons vary. However, one thing is certain: knowledge of HIV is critical. In addition, although African Americans are informed about the basics, including how HIV is transmitted, misperceptions about the risk of casual contact persist as does information regarding other clinical aspects related to HIV.

The news media continues to be the major source of HIV/AIDS information, with more than two-thirds (68%) saying they rely on television for news and information about HIV/AIDS, while 22% indicate that they rely on materials distributed at church or by a religious organization. In general, younger African Americans between the ages of 18 and 29 are most likely to rely on television (66%), newspapers and magazines (62%) and the radio



The Global Impact of HIV/AIDS On Our Children

While HIV/AIDS has always been an epidemic among young people, the current impact may well be snowballing downhill. What a frightening but true reality. Based on current trends, the number of young people living with HIV/AIDS could rise from the current estimate of 12.4 million to 21.5 million by the end of the decade. Already, those affected with the disease have contracted it in the most productive years of their lives. Almost one third of the 40 million people worldwide estimated to be living HIV/AIDS are between the ages of 15 and 24, and half of all new adult HIV infections are estimated to be among this same age group, totaling almost 6000 per day. When factoring in the level of infection among children under the age of 15, the number increases to 8000 young people and children.

It's important to note that most adults living with AIDS were infected as young people. Moreover, teens infected with HIV often become sick and die of AIDS-related causes as young adults. The number of deaths estimated to occur among young people between the ages of 20 through 34 (those mostly to be infected as teens and even younger adults) could top 20 million in highly affected countries in this decade alone.

There are several interrelated factors that combine to exacerbate the epidemic's impact on young people:

Youth face particular vulnerabilities that put them uniquely at risk for HIV, including their age, biological and emotional development, and their financial dependence.

Most sexually active young people at risk do not perceive themselves to be at risk. Secondly, most young people living with HIV are not aware that they are infected.

Certain subpopulations of youth bear a disproportionate brunt of HIV's proliferation and/or are at an increasing risk. For example, girls and young women represent a substantial and growing proportion of new infections worldwide.

Demographic profiles of countries where HIV/AIDS prevalence among young people is already high, are expected to increase, impacting the social, economic and political well-being of those countries, particularly those in which young people represent a high percentage of the population. The countries hard hit are: Botswana, Brazil, Central African Republic, Haiti, Kenya, Lesotho, Malawi, Mozambique, Namibia, South Africa, Swaziland, Zambia and Zimbabwe

*note that all are countries where the major population is of African descent

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(43%) for information about HIV. However, younger African Americans are significantly more likely than older blacks to rely on the Internet for HIV info (34% compared to 12%). Parents need to make a concerted effort to be as knowledgeable as they can be. "And they need the courage to talk more openly about sexuality: gay sex, straight sex, and specifics on how to use, and insist upon a condom. Teachers and public leaders shy away from talking to teens about sexual issues, and when they do discuss AIDS, it's mostly to push abstinence," said Chris Collins, author of the study. "Scare tactics often turn teens off," he added.

Even though more than 80 percent of schools in this country teach facts about AIDS, less than half demonstrate or describe how to use a condom; and only half give information about where people can get help and counseling, the study shows.

Younger African Americans (40%) are also somewhat more likely than their older counterparts (27%) to rely on family, friends or acquaintances for information. This is critical because it is also true that the older group tends to be less well informed. In fact, more than one third (37%) of African Americans incorrectly believe that sharing a drinking glass with a person infected with HIV/AIDS can transmit HIV as well as kissing in the absence of open wounds or sores. If the adult members of the community are misinformed, then we fail to properly educate our children. Again, it is our responsibility to provide our youth with accurate and correct information to prepare and arm them as they go out into the world. We cannot afford to fall down on the job because we choose to believe that our daughters are not engaging in sexual intercourse. They, as well as our sons, need to be told that if they do or intend to have sex, "protected sex" with a condom is the only way. We don't need to encourage them or give them permission. Rather, we must prepare, educate and enlighten them about matters of life that affect their well being and quality of life.

Ignorance is intolerable and is unacceptable. The myths we perpetuate are ridiculous and entirely based on selfish pleasures of the moment. Men who attempt to convince women that it's safe to indulge in sexual intercourse without a condom because he's only had sex with heterosexual women are grossly misinformed. Women who believe that they cannot be infected with HIV by a heterosexual man is equally misinformed. Black women are at high risk and among one of the fastest growing HIV infected groups, putting our children therefore our future at risk. 

Silently Spreading ... More Teens Have Herpes

We hear this about AIDS in health class. But herpes is surely more common. This is a big mistake. According to a new study conducted by the U.S. Centers for Disease Control and Prevention, this infection is running rampant among Americans, and while teens are contracting the disease faster than any other group.

The number of white teens believed to have herpes increased almost five times from 1976 to 1994. It went from .96 percent to 4.5 percent.

Blacks and Mexican-American teens have a higher rate of herpes in their populations—4.7 percent for blacks and 4.5 percent for Mexican Americans. However, during the length of the study, herpes spread less among these two groups than among white teens.

HOW TO REDUCE YOUR RISK OF GETTING HERPES

Herpes cases are on the rise, especially among teens, but you can reduce your chances of getting the disease.

Here's how:

Abstain from sex

If you do have sex (oral, vaginal or anal), always use a condom.

Never have sex or sexual contact with anyone who has sores. That means you have to turn the light on and check it out. If you're too embarrassed to flip the switch, better think again about having sex at all.

Be selective. The more people you have sex with, the greater your chances of getting herpes.

Communicate! Talk to your partner about his or her sexual history.



We've always been told that girls mature faster than boys. Today, however, we see young female adolescents developing physically at age 9. In previous generations, puberty usually began with breast development at age 10 or 11, and lasted through age 16 or 17. However, Black girls seem to develop earlier than others, making it common to see girls ages 7 or 8 with budding breasts, indicating that her body is producing estrogen according to Hilda Hutcherson, M.D., co-director of New York Center for Human Sexuality at Columbia Presbyterian Medical Center and author of *What your Mother Never Told You About Sex*.

Although we may be curious as to why girls are physically maturing at an earlier age, its importance is relative. Yet, what to do about it and how to manage it is perhaps more urgent. Researchers do not offer a specific answer. Rather, theories which point to the hormones in foods like meat, milk and other animal products that may be triggering the change. Other theories suggest that genetics or better nourishment as well as obesity all play roles. The obesity factor has always been around and yet is rarely explained. Perhaps more insight can be helpful in understanding obesity. A mature woman's body must have a certain percentage of body fat ratio biologically in order for her body to actually have a menstrual cycle. It is not unusual for extreme athletic types, dancers, gymnasts, swimmers, runners and body builders to have irregular cycles because of their low body fat. So it makes sense that a young girl with too much fat is more likely to begin puberty sooner because the body reads her as ready for baby making. However, the truth is accelerated development is not isolated to overweight girls. Still watching our daughters

weight should be a priority due to other health issues that result from obesity.

What is more significant is preparing our girls to manage their bodily changes, particularly in the face of today's social climate. As parents of teenagers and young adults, primarily those "Baby boomers," who shun the responsibility of educating and enlightening their daughters and sons, are doing a grave injustice to their children, their future and our community. We should know better. We are the sons and daughters of parents who didn't know how to talk to us about sex. Our mothers told us,

"Keep yours dresses down, panties up and say no." What kind of advice was that? We are still angry that they failed to provide us insight, especially now as we approach "the Change" or menopause because they didn't prepare us for that either. Therefore, let's not forsake our children the opportunity to accept responsibility for their well being.

Given the social context of the times, one with fewer social taboos, boundaries and lower moral standards in an era of "media nannies," working moms and more single parents, what can we expect?

Research shows that two-thirds of prime television programs feature sexual content, and an average of five scenes per hour depict sexual language or exposé. It's outrageous! We have failed to accept our responsibility in all of this. To think that you can turn on "The View," a show targeted to women produced by Barbara Walters, a respected journalist, and hear the women loosely use terms like "booty call," and insinuations pertaining to the male anatomy is not encouraging. In addition, in the next breath, co-host and our sister, Star Jones, says "I want to say hello to my nephew," who is underage. It doesn't stop there. Even Katie Couric of NBC, "The Today Show," has been known to discuss the "booty call." And she's a mother of young children. So with this type of lax sense of media responsibility it's no wonder that journalese or colloquial usage of language has emerged out of pedestrian syntax and invaded what once was a sacred forum for informational dialogue. Obviously our media leadership fears being accused of provincialism. Yet, the real role models like Oprah Winfrey and her mentor Maya Angelou, find ways to talk about the most difficult and urgent matters of concern to this nation and our community, with dignity and integrity.

When you consider this and add to it the music, the music videos and the magazine ads, dating advertisement it's hard not to recognize that we, and our children, are bombarded daily with sexually stimulating material and imagery that infringes upon their innocence.

Additionally, it's hard to ignore that 57% of women appearing in music videos are partially dressed and take on the imagery of the hoochie mama, bitch or ho. As parents, we then have to protect, guide and prepare our children to face the glorification of the sexual and lewd nymphet projected and acted out by teenage idols such as Britney Spears, whose earlier claims of being a virgin do not mean a thing if the visual perception communicated was raw sexuality. Accept it. Young teenage girls want(ed) to look, act and dress like her. The list goes on. Destiny's Child—Beyoncé, Kelly and Michelle —are dressed anything but chaste. Janet Jackson, JLo appear in scanty clothing. Adolescent girls are hardly prepared to handle the consequences wearing such clothing can bring. To

them, it's fashion. It's what's in and cute. Their innocence and lack of carnal knowledge leaves them defenseless in light of older and young male predators. The acceptance of children as being sexual is forced upon us. Young rappers, who barely reaches the waists of grown women are pictured "macking adult women" in their videos; while the video "Bootylicious (there' that word Booty again) captures child versions of Destiny's Child. Then there's Macy Gray's "Sweet Baby" video that features an adult dressed little girl giving a grown-up kiss to a

Additionally, it's hard to ignore that 57% of women appearing in music videos are partially dressed and take on the imagery of the hoochie mama...

boy—seductive imagery, seducing us into acceptance. This is not cute.

With all of this occurring in the everyday realm of our children's lives it is important to have that talk as early as 7 years old especially if your daughter is growing breasts. Communication is very important. Taking time to explain what sex is, how it works, and all of its aspects is more important than ever. You cannot afford to ignore an explanation of sexual intercourse, from oral sex to STD's, HIV/AIDS to pregnancy. I remember when my mother warned me not to "slow dance with boys because I could get pregnant." I thought her to be uninformed. Because of my lack of sexual experience, I didn't understand what she was trying to tell me: "Close body contact can create or stimulate arousal that can lead to sex." I'm not mad at her. She did the best she could. But we know better. We are more sophisticated, informed and savvy. We can educate our children.

Frank and direct talk is necessary. The time to begin the sex education process is from day one. From birth to age five, children are self-exploratory, discovering their mouth, fingers, navels, toes and genitals. This exploration is natural and normal. It's also pleasurable, and so such touching leads to curiosity which leads to questioning. Be prepared to explain to your child that their private parts, though beautiful are private and clothing preserves that privacy. In addition, you should communicate that under no circumstances should anyone touch their private parts. And if it does happen, no matter what, they must report it to the parent. Given the obvious attack on our young daughters (and sons, too) today, from the priests to the male predators on the streets, it's essential that they be taught to distinguish abusive behavior. Such preparation through open communication throughout your child's growth and

Here's the breakdown according to statistics

TEENAGE MOTHERS 1999 BIRTHS TO FEMALES

AGE 19 AND UNDER

Race	Number	Percent
White	214,971	44.3
Black	122,175	25.2
Hispanic	127,402	26.2
Other	20,556	4.2

AGE 18-19

Race	Number	Percent of total
White	149,403	47.8
Black	73,434	23.5
Hispanic	76,448	24.4
Other	13,117	4.2

AGE 17 AND UNDER

Race	Number	Percent of total
White	65,658	38.0
Black	48,741	28.2
Hispanic	51,054	29.6
Other	7,279	4.2

UNDER AGE 15

Race	Number	Percent of total
White	9011	28.2
Black	12,538	39.4
Hispanic	10,013	31.3
Other	338	1.1

Idols such as Britney Spears, whose earlier claims of being a virgin do not mean a thing if the visual perception communicated was raw sexuality. Accept it. Young teenage girls want(ed) to look, act and dress like her.

development will make the talk comfortable when your child approaches puberty.

After you explain sex and inform your sons and daughters about the importance of protection, if they should choose to indulge, you may want to share with them that although the final choice is theirs, you'd prefer that they wait until they are more emotionally mature to handle sexual matters. Point out to them that abstinence is still the only sure way to prevent unwanted pregnancies, sexually transmitted diseases such as gonorrhea and syphilis, or HIV/AIDS. Discuss the "emotional hangover" that accompanies sexual intercourse that affects adults as well. Talk about the responsibility of being a parent and the changes that take place in a woman's body. Explain the transformation from childhood to adult responsibilities that come too soon with the birth of a child. Keep it real, and express yourself in their language. You may want to discuss with your daughter the physiological and emotional battle inherent in deciding whether or not to become sexually active. The mind may be capable of saying "no", while the body is saying "yes, yes touch me. That feels good." For a

young girl, a mature developed body can attract and raise the risks at a crucial crossroads in her development. Discuss the Baby's Daddy Mess and the Baby's Momma Drama phenomena. Provide your child with the financial burden and expense of managing a family. Share your income and bills in relation to taking care of a child. And ask them where and how would they earn an income to do so. Create a mock salary based on limited income and monthly budget, and have them figure out how they would live given the daily expenses of family life. I remember how my father told me: "If you get pregnant your child will be your child. Your mother and I will help you to finish school, but we will not raise your child." Then he'd have me baby-sit on weekends when I wanted to go out with friends to remind me that, if I had a child, every weekend would be spent babysitting by myself because most likely the baby's father would still be living a single life. I got the picture. That was his way, then in the 70's. In the year 2002 you have to devise your own lessons and ways to reach your child. Make no mistake. You must enlighten them or Baby's Mama drama may their own drama ■

School or Combat Zone

Over 3 million crimes are committed in our school systems each year. 1 out of every 10 schools will experience some kind of violent attack (murder, rape, sexual battery, suicide, or fight with a weapon). And through all this, students are still expected to learn, date, and establish friendships. The overall lack of respect for life carried by many teenagers has turned our schools more into battlefield than a learning facility. Every day 135,000 weapons are brought into school. One fourth of students have been threatened with a weapon while school had been in session. Items such as jackets and jewelry will literally be taken off the backs if someone wants it. 9 out of every 10 incidents of threatening is never reported.

Every day thousands of students go to school afraid, but they are not afraid that the teachers going to find out they didn't do their homework, nor are they afraid of doing a presentation, they're fearful of their lives. On average 14% of students that go to school every day do not feel safe. 4% of the student population will stay home one or more days this month out of fear. No longer are elementary schools a safe house for students. A Bridgeport, CT elementary school was forced to install bulletproof windows after stray bullet shots from surrounding housing projects constantly impacted the school.

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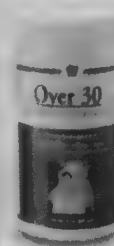
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Is Your Child At Risk To Use Drugs?

By Cathy Belkarr

Is your kid the one who is always climbing trees, putting his or her life at risk? If so, your child may be a "high sensation-seeking" child. Parents

of teenagers are now aware that most adolescents take risks, assert their independence, and begin to pull away from parents and other authority figures. But experts say that there are some teens who crave an especially great degree of stimulation and excitement, and that these teens have a much

greater risk for drug and alcohol abuse.

Dr. Philip Palmgreen, a professor in the Department of Communications at the University of Kentucky, explains that certain adolescents exhibit the personality trait known as "sensation-seeking," which is associated with craving lots of stimulation and novelty, rapidly shifting attention from one thing to another, and becoming easily bored.

"Parents should know that sensation-seeking behavior is strongly associated with drug use," warns Dr. Palmgreen. "Teens who exhibit the common traits—needing lots of stimulation; a lot of novelty; a tendency

to shift from one thing to another; get bored easily; or hang out with unconventional friends—have much higher levels of alcohol, tobacco, marijuana, and illicit drug use."

Fortunately, sensation seeking can be channeled into healthy outlets. Dr. Palmgreen suggests that parents of sensation-seeking kids take special care to provide them positive activities that are novel and exciting, like sports, hiking, fishing, music, and dance.

Parents of sensation-seeking children can take heart, for not all of the behaviors associated with them are negative. "Sensation seekers are natural leaders, and history shows many revered presidents and captains of industry are among them," explains Dr. Palmgreen. "Because leaders take risks and try new things. In order to become leaders, however, these teens need help focusing their energy on constructive activities that will help them to grow."

If you would like to learn more about how to channel your child's energy in positive ways, visit www.theantidrug.com, an online parenting resource from the National Youth Anti-Drug Media Campaign. The site allows parents to download a brochure, "Parenting Skills: 21 Tips and Ideas to Help You Make a Difference," which may also be ordered by calling 1-800-788-2800. *4*



Good news—the Department of Health and Human Services (HHS) has launched a national multicultural media campaign titled “Verb: It’s what You Do.” The intention of the campaign is to promote physical activity and community involvement with the direct mission to displace unhealthy risky behaviors among our young ages 9 through 13 years of age. This group is known to marketers as “tweens” and if left to their current mode of behavior are fast becoming an endangered

group. To turn around the possible future of life ended too soon or plagued with illness and poor health the campaign encourages tweens to find a verb such as run, paint, sing, dance, jump, skate, swim, etc., or several verbs that fit their personality and interests and to take it on as a commitment to their good health and overall well being.

This much needed encouragement from HHS comes at a critical time when tweens are currently facing unprecedented levels of obesity

and obesity related diseases. In 1999, 13 percent of children and adolescents were overweight and the number of overweight adolescents has tripled since 1980. The percentage of young people who are overweight has more than doubled in the past twenty years, bringing a dramatic increase to type 2 diabetes among the nation’s youth. This startling fact, has greater ramifications when placed in the context based on studies that indicate that these overweight children or tweens will remain overweight and some will become

obese adults placing them at risk of heart disease, stroke and cancer.

PROSOCIAL ACTIVITY

It is crucial to stem the propensity among tweens to lead lifestyles devoid of substantial positive physical and "prosocial" activity. That means any activity that takes them off the couch or floor and sits them in front of a TV or video game or on the phone. Prosocial is defined by Verb: It's What you Do" as getting kids involved with positive organizations or groups such as school clubs, community groups or church clubs that encourage them to part take in activities that get them out and interacting with others. The point VERB intends to drive home to kids is that being active is an important part of being healthy.

VERB promotes physical activity as any activity that appeals to the individual personality of the tween. It does not limit the definition to the standard concept of exercise like calisthenics, or aerobics, basketball, soccer or other team sports but rather it seeks to inspire youth to pursue those activities that strike their fancy. It may be, gardening, or hiking, skateboarding, roller blading, rock climbing, bowling, volleyball, jumping rope, swimming, dancing or boxing. It doesn't matter what their choice activity is just as long as they increase their activity level.

This can be done more readily if tweens build alliances with groups and or conventional institutions and organizations from which they learn positive and healthy habits. They may be school sponsored drama clubs, Girl Scouts, Boy Scouts, or nature study groups and so on that informally meet and gather to partake in a positive activity. In summary, VERB encourages tweens to get involved socially.

VERB GOALS

VERB intends to reduce the number of sedentary children and adolescents and in doing so, reduce the number of overweight tweens. As adults we know that children who are engaged in positive activities are better able to meet the daily demands of normal physical activity like breathing and walking, experience greater self esteem, confidence and discipline, academic achievement, social connectedness and positive relationships than those who don't.

The benefits of increased physical activity are numerous.

Strengthens the bones joints and entire skeletal structure:

- It helps build muscle mass and prevents or

Parents, teachers, coaches, group leaders, counselors, ministers and all other adults who influence tweens with messages about what they can do to encourage the healthy habits of physical and prosocial activities.



delays the development of high blood pressure.

- It decreases the potential for obesity
- Psychologically it reduces the potential for depression and anxiety
- It heightens self esteem and promotes social well being
- Improved mental health which can affect academic acceleration

The benefits of increased prosocial activity are numerous:

- Increases social connectedness
- Encourages Positive family relationships and friendships
- Strengthens social and psychological skills
- Promotes clear standards of behavior by tweens.
- Statistically tweens in prosocial community groups are 26% more likely to report receiving good grades
- And 20% are more likely to graduate from high school.

- And significantly more likely to report feeling good about themselves.

In order for this to work, everyone involved in a child's life are encouraged to participate. Parents, teachers, coaches, group leaders, counselors, ministers and all other adults who influence tweens with messages about what they can do to encourage the healthy habits of physical and prosocial activities. It's also an opportunity for the adults to reclaim physical and prosocial activities themselves and improve their own health and well being. Whether we want to be or not we are role models as adults and VERB calls upon us to take it on as a commitment to our country's good health.

VERB wants, as do experts that children spend less time engaged in sedentary behavior referred to as "screen time" which includes, television, internet, DVDs, playing video games, using the computer, and watching video tapes.

Unfortunately current stats indicate that

- 26 % of U.S. children watch 4 or more hours of television daily.
- 67 % Of U.S. children watch 2 or more hours per day.
- Almost half, 48% of all families with tweens have all four of the latest, media staples: TV, VCR, video game equipment, and a computer

HOW DO AFRICAN AMERICANS FIT IN THIS?

- The percentage of overweight tweens has more than

doubled in the past 30 years

- We have one of the highest rates of adolescent obesity at 30.9 percent
- The emergence of type 2 diabetes as well as various heart diseases has increased among obese teens.

What you can do to change or redirect the behavior of your children is to take the multimedia environment out of his or her room and put it in a family room. That way you can monitor their screen time more effectively. Allow for a total of two and a

half hours daily and have your child plan and choose how they will spend their screen time. Plan for family prosocial activities and encourage your children to participate in physical activities. You might even plan Saturday morning family walks together. Get creative but whatever you do, do it now. Our children's quality of life is on the line. 

LIFELINES TWEENS RESOURCE LISTING

The following listing is not complete but rather a sampling of the many resources available to you and your children to assist you in your pursuit of knowledge, information and professional help regarding your child's health and overall well being.

Today's Child Magazine, is a national parenting magazine targeted to black families raising children through the teen years.

Today's Child Magazine gives families the most up-to-date information regarding pregnancy, family health, education, economic empowerment, infant and child development, and teen issues.

To subscribe to *Today's Child Magazine*, (\$12/year - 4 issues), find out about the National Parent and Provider Enrichment Conference and Radio Show, call 888-313-5939 or log on to www.Todays-Child.com.

- **ADOL** - ... other drugs, obesity, AIDS, sexuality, acne, and other health ... on professional organizations and links to other resources ... **Teens Only:** Teen zines, help with homework ... <http://education.indiana.edu/cas/adol/adol.ht>

- **A page for teens dealing with ADD/ADHD** - Many resources to help teens through the difficult transition from childhood to adulthood, especially with the additional challenge of ADD/ADHD. <http://add.miningco.com/cs/forteens/>

- **Alcohol and Teen Drinking** - ... More organizations are listed at Drugs and Teen Substance ... we offer the best parenting and self-help ... a free internet clearinghouse of information and resources ... <http://www.focusas.com/Alcohol.html>

- **Teen Drug Use: 34 Warning Signs** - ... Download Free Video- That Contains: Parents telling of resources that they have found effective in dealing with their troubled teens... <http://helpforteens.net/>

- **Teen Depression: Warning Signs, Information, Getting Help** - ... Network the resources listed on your states Family Help ... Such a discussion should help you sort through your ... someone with whom you believe you and your teen ... <http://www.focusas.com/Depression.html>

- **Teen Depression** - teen depression signs of depression, risk factors for suicide, suicide prevention, what causes depression? types of depression, depression ... <http://www.geocities.com/hanaizy/>

- **Learning Disabilities OnLine: Learning Disabilities On-Line** - ... (dyslexic) Richard Wandermans frequently updated page with a variety of resources ... Teens helping Teens A web page designed by dyslexic teens - to help ... http://www.idonline.org/finding_help/online_help

- **TEENS 411** - ... Hospitals on the Net US Government Health Resources ... Child Abuse Narcotics Anonymous Stop Smoking Programs Teen ..., or Questioning Teens Homework/Reference Help ... <http://www.child.net/teenhelp.htm>

- **TEENS 411** - ... National Council on Alcoholism Alanon-Alateen (friends and family with drinking problems) Suicide Prevention Violence Resources Kids/Teens Health Teen Health ... <http://www.teensurfer.com/teenhelp.htm>
National Drug Abuse Hotline 800.662.4337
CDC AIDS information 800.342.2437
General number 877.912.TEEN

- **Teen Health** - ... Date rape, violence, and the resources every teen should know about. ... Alcohol The sobering facts about alcohol, drugs, how to get help and lots of resources ... <http://www.healthnet.com/adap/default.asp>

- **Links at YouthSource - Advice, Information, and Help for Teens** - ... Includes info about basics of teen drug abuse ... about drugs and alcohol, including information about help ... section, and information for parents with free resources ...

- **TeenHealthFX - Teen, Teenager, and adolescent health tips**, ... - ... Emergency Help Now Provide Feedback on TeenHealthFX Links to other teen health resources information on our sponsor Atlantic Health System. ... <http://www.teenhealthfx.com/>

- **Open Directory - Health: Teen Health** - ... Health (66). About Teen Health - Teen health resources and answers for concerns and issues related to teens. Adolescent Health Center ... http://dmoz.org/Health/Teen_Health/

- **www.iwannaknow.org ! Answers to your questions about teen sexual** - ... Get the Facts ! ... 19-20. 2 Donovan P, Testing Positive: Sexually Transmitted Disease and the Public Health Response, New York: AGI, 1993, p. 24. ... <http://www.iwannaknow.org/>

- **PSAL Health Page** - ... Tips for parents of pre-teen athletes. ... COM. A growing collection of track and field resources ... www.trackandfieldtraining.com/. eFT. Exercise, sports and nutrition ... http://www.psal.org/psal_health.asp

- **Drugs, depression, abuse, teens, alcohol and more Toll-free help** - ... The majority of the following numbers are toll-free. If you have a help line that you'd like to add to our list of resources, contact us. ... <http://www.aalize.com/home/resources.htm>

- **healthfinder® - your guide to reliable health information** - ... just for you. special health topics organized by age from kids to seniors, by race and ethnicity, for men and women, and for parents, caregivers, health ... <http://www.healthfinder.gov/default.htm>

- **Personal Training at Fitnessmall.com** - ... weight loss, strength training, stretching, senior teen ... You will find resources, start up stories, business ... Betterbodz.com: weight loss, fitness and exercise ... <http://www.fitnessmall.com/personaltraining.h>

- **Fitness** - ... Betterbodz.com: weight loss fitness and exercise sports Fitness ... Teen Sports Fashion From Pac Sun. ... All items on this page. Physical Fitness Resources on ... <http://www.fitnessconnectiononline.com/links/>

- **Teens Helping Teens Health Sites Links** - ... A quick, easy, program for children and teens to ... Truly Huge - Bodybuilding, Health and Fitness. Weight-Loss Zone - Collection of free weight loss resources ... <http://www.bigteens.com/links/health.html>

- **Health Risk Factors for Adolescents** - Health Risks for Adolescents. This collection of electronic resources is intended for parents, educators, researchers, health practitioners, and teens. ... <http://education.indiana.edu/cas/adol/risk.ht>

- **Teen: Index** - ... Teens Who Do Not Experiment With Tobacco, Alcohol or ... additional resources: Links to Related websites and News ... Please help support this site by purchasing your ... <http://www.shpm.com/articles/teens/index.shtml>

- **Boys & Girls Clubs** make a difference in the community by giving young people a safe place to learn and grow. Make a difference in your neighborhood. www.bcg.org/clubs

- **Find a local YMCA** and research programs designed to build strong kids, strong families and strong communities. www.ymca.net

- **Let's Talk** provides parents with basic information about responsible decision-making to encourage informed and open communication with our children, especially before they become teenagers. It offers suggestions about how to begin a good, productive dialogue and set positive examples for our children. www.millerbrewing.com/letsTalk.asp

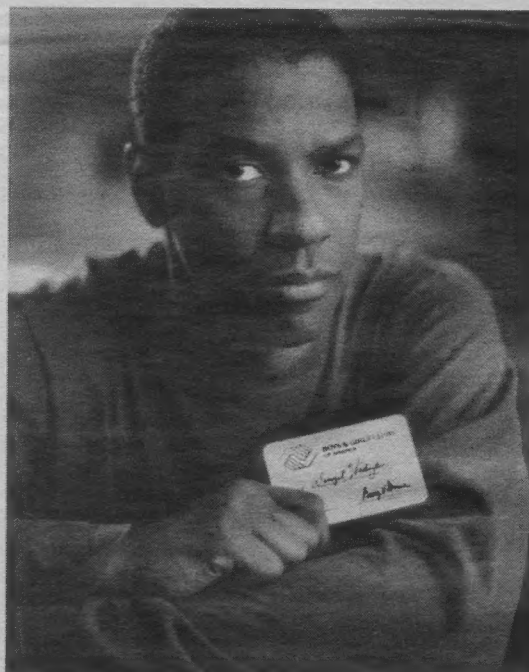
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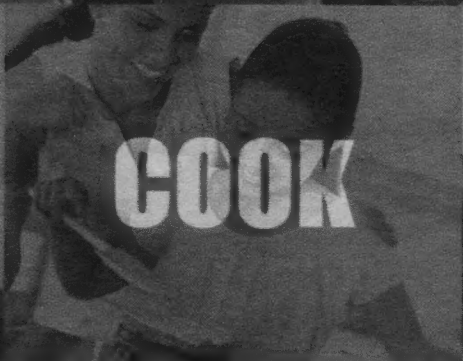
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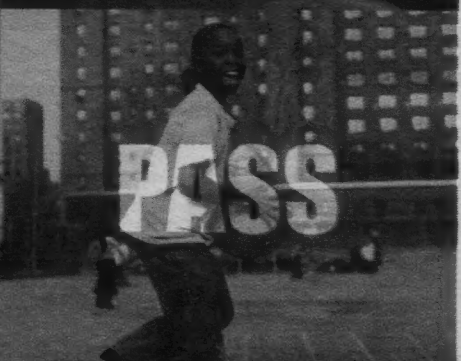
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